

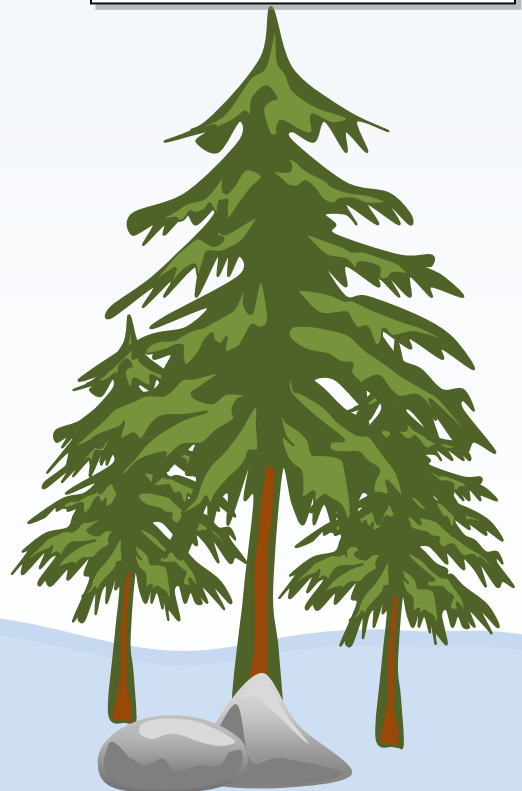
A caring person is kind and  
gives emotional support to others:  
showing love and affection

- affectionate: *She was an affectionate child.*
- loving: *He grew up in a loving family.*
- caring: *You're a very caring person.*
- warm: *He had a warm smile.*

So go ahead—make someone's day. Do something kind for someone you care about today. It's the first step to being a more caring person

If your council has food drives or other activities, that you would like to go on our social media pages, send me photos of projects you are doing this month and we will get them posted on our website!

Happy Thanksgiving to everyone, enjoy family, friends, and food! Show those you love, how you care about them!



## Wellness: How to Foster Leadership and Resilience in These Times

The closing keynote speaker was renowned writer, leader, teacher, coach, and podcaster Elena Aguilar. After leading the audience in a land-gratitude moment, where she expressed her thankfulness for the people and animals that inhabited our land before us, Aguilar acknowledged all of the stressors that have occurred over the past 18 months and reminded us that we all have resilience to weather the storm that has battered us. She gave 12 strategies to build resilience:

1. **Self-talk:** Tell yourself, "Right here, right now, everything is OK."
2. **Feel your body:** Do a body scan. Notice if you are hot or cold. Move your body.
3. **Breathe:** Breathe slowly. Learn the science behind the power of breathing. For the most effective cleansing breath, exhale longer than you inhale.
4. **Recognize, name, and accept your emotions:** Consider your emotions as friends. You can invite them in to talk for a while or ask them to stay away. Listen to them. Learn from them.
5. **Stay connected:** Be sure to connect with friends or staff. You don't want to suffer from a "loneliness pandemic." Ask yourself: Who can I connect with who will be nourishing to my soul?
6. **Take care of yourself:** Sleep, eat, and exercise. Ask yourself: What is one tiny thing I can do today to help myself?
7. **Practice perspective:** Look at the lives of other people who have perhaps suffered. You don't need to diminish your own suffering. Use "and," as in, "What they went through was hard AND what I am going through is hard, too."
8. **Be kind to yourself:** See strategy No. 1.
9. **Distract yourself:** Use a healthy distraction like reading, cooking, or even binge-watching shows on Netflix. You get bonus resilience points if you create something as a distraction.
10. **Look for bright spots:** Our brains are designed to latch onto negative thoughts. Ask yourself: What has been one bright spot in my day?
11. **Practice gratitude:** Practice gratitude for yourself, for others, for anything.
12. **Practice "maybe":** Remember that what is occurring now is not the end of the story. "Maybe" there is more.

During times of crisis and uncertainty, Aguilar argued, leaders need to be courageous, responsive, and emotionally attuned to others. School administrators can do this if they make sure their "resiliency tank" stays full. These 12 strategies will help.

## Focus on Relationships

Let's be honest. We work harder for those we know care about us or those with whom we have a relationship. If we don't spend the time getting to know our students, the rest of the year will be fruitless. We have to show them that we care, and this has to occur daily. Are you greeting students at the door by their names? Are you engaging in authentic conversations with students during class, during passing time, or when they arrive at school? If you aren't, now is the time. Spend the first few weeks building a strong sense of community within your class. The time you spend upfront on this will pay off as the year progresses. If this isn't in your wheelhouse of skills, try working on a simple community-building activity at the start of each class period to get you going.



**How would you answer these questions?**

- 1. What does your ideal day look like?**
- 2. What did you want to be when you were younger?**
- 3. Who are you most inspired by? Why?**
- 4. Who would you love to meet? What would you ask?**
- 5. What habit would you most like to break? What habit would you most like to start?**
- 6. Think of a person you truly admire. What qualities do you like about that person?**
- 7. How do you like to relax?**
- 8. When was the last time you did something you were afraid of?**
- 9. What are you most proud of?**
- 10. What are you most afraid of?**
- 11. If life stopped today, what would you regret not doing?**
- 12. Who would you like to connect (or reconnect) with? Why?**

13. What qualities do you admire in others?
14. What practical skills do you wish you had?
15. Imagine you're in your 90s. What memories would you like to have? What stories do you want to tell?
16. What is your favorite book/movie/song? Why?
17. If you could make one change in the world, what would it be?
18. What do you love to do for, or give to others (not an object - something from you personally)?
19. What excites you?
20. What do you wish you did more of?
21. Pretend money is no object. What would you do?
22. What area of your life, right now, makes you feel the best? Which area makes you feel the worst? Why?
23. Let's jump forward a year. What would you like to have achieved in the past year?
24. What piece of advice would you give to five year old you? Sixteen year old you? Twenty-one year old you? Right now?
25. How do you want to be remembered in life?