



## Mr. Barge's Instructional Tip of the Week! Find Your 15!

Today marks our 102<sup>nd</sup> instructional day of the school year. As we return from the mid-winter break feeling refreshed and focused, let's continue to motivate our students and help them to meet their greatest potential. Part of that comes with building in social emotional check-ins and activities into your instruction while making self-care a part of your own daily routine.

In a recent survey conducted by Student Alliance a few weeks ago, many students continue to feel "stressed" and "overwhelmed" at times during the year. We also know that such feelings are not just limited to our students, but to all members of the Murrow community.

That is why it is important for everyone to "Find Your 15!" each day.

Whether you are a student, parent or staff member self-care matters! Self-care refers to activities and practices that we can engage in on a regular basis to **reduce stress and maintain and enhance our short- and longer-term health and well-being**. Self-care is not simply about limiting or addressing professional stressors. It is also about **enhancing your overall well-being**. There are common aims to almost all self-care efforts:

- Taking care of physical and psychological health
  - Managing and reducing stress
  - Fostering and sustaining relationships
  - Achieving an equilibrium across one's personal, school, and work lives

(University of Buffalo – School of Social Work)



Making self-care part of your routine will help you to keep the positive energy up in your classrooms thus creating that welcoming and supportive environment that all students need. It will also help make your social emotional check-in strategies more meaningful and purposeful as well. Please "Find Your 15!" each day to maintain and enhance your health and well-being and encourage your students to do the same.

... because at Edward R. Murrow High School, we **CARE** about our students!