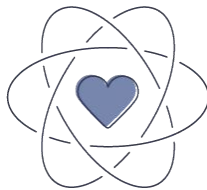


EMPOWER

Embracing the power of educator resilience, emotional stability, and mental health

APRIL WELLNESS 2022

Join us on a wellness journey this winter to build your skills and improve your resilience and mental well-being!



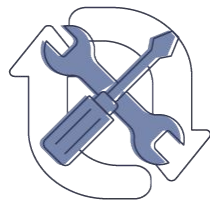
**Build Community:
Empathy**
Marla Peachock



Being Present
Corrie Nelson



Rest
Dan Kidd



Restoration & Renewal
Ashley Mariano

Welcome to our final installment of the Empower Wellness Calendar Series. Here you will find daily actions for embracing resilience and mental health as an educator.

This month's theme looks at social and relational wellness, centered around the anchor of valuing others. Throughout our wellness series we have aimed to link evidenced-based dimensions of educator wellness to practical, bite-sized opportunities for you to truly experience wellness during the course of your day. Here we have curated a variety of resources to be explored or experienced in 10 minutes or less each day throughout the month. Listen to a brief recording or Ted Talk, access a strategy, or experience a practice. Many of these resources can be leveraged personally, professionally, and with your students.

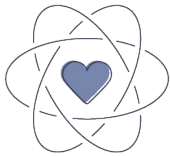



The first day of every week includes a brief recorded introduction to the theme for that week. For each day of the remainder of the week, you will have the opportunity to explore the topic more deeply through reflections, experiences, articles, videos, etc. The themes explored this month include Empathy, Being Present, Rest and Renewal. It is our hope that you embrace the power of resilience, emotional stability and mental health by engaging with this resource.

Empower Wellness Calendar Team
Corrie Nelson, Dan Kidd, Ashley Mariano, Marla Peachock

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APRIL WELLNESS 2022

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Build Community: Empathy	Introduction to Empathy and Community Building ⁴	Brene Brown Empathy ⁵	4 Ways to Build a Healthy Community ⁶	60 Ways to Build Community at School ⁷	The Power of Empathy ⁸
	Being Present	Introduction to Being Present ¹¹	How to Beat Negativity Bias ¹²	Finding the Silver Linings Practice ¹³	Active Listening Quiz ¹⁴	Intentional Listening Guidance Tool ¹⁵
	Rest and Re-energize	Introduction to Rest ¹⁸	Go Slow to Go Fast ¹⁹	Rest Inventory ²⁰	Selecting Restful Activities ²¹	Too Busy Not To Rest ²²
	Restore and Renew	The Care and Keeping of You ²⁵	Meditation for Compassion ²⁶	Self Compassion Letters ²⁷	Gratitude for the Wider School Community ²⁸	Flourishing and Kindness ²⁹²

Click [here](#) to complete our feedback survey!