

Student and Family Support Services
presents

WE BELIEVE
IN STAFF WELLNESS

WE BELIEVE

What is We Believe in Staff Wellness?

- Grant funded
- Intended to provide all staff with opportunities to promote wellness
- Multiple entry points
- Something for everyone!
- Recognition of individuals, schools and departments for participation!
- Both MUSD and external providers

- Self Compassion for Educators video
- Mindfulness, Sound Therapy & Yoga
- Grief and Loss groups
- Nutrition
- Physical Activities
- SEL for Adults
- Selfcare Planner
- Art and Music therapy





- The school level and department with the greatest participation will receive a \$500 check to spend on wellness at your site
- Schools, departments and individuals will be recognized periodically with “swag!”

WE BELIEVE
MADERA UNIFIED
in STAFF
WELLNESS

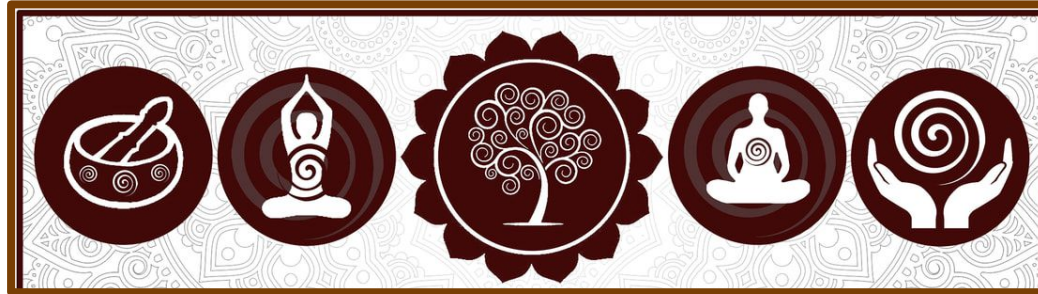
Grief and Loss Groups



- **Sharing your story**
- **Learning about the Stages of Grief and normalizing it**
- **Teaching coping skills**
- **Learning your new life**
- **Resources are shared; i.e.EAP**
- **Linking to Hinds Hospice for summer support**
- **Weekly lunchtime and 3:30**
- ***Not included for recognition**

Mindfulness, Sound Therapy, Yoga

TUE May 25	3:30 Yoga; 5:15pm Sound Therapy (In Person) Location TBD
THUR May 27	3:30 Combo class (Virtual)
TUE June 1	3:30 5:30 Reiki (In Person) Location TBD (Boardroom)
THUR June 3	3:30 Combo class (Virtual)
TUE June 8	3:30 yoga; 5:15pm Sound Therapy (In Person) Location TBD
THUR June 10	3:30 Combo class (Virtual)



Self Care Planner

- Spiral bound notebook
- 12 Months of Self Care:
- Self-care ideas
- Self-care idea bank
- Empowering quotes
- Self-care goal-setting
- Intentional Gratitude journaling
- Guided compliment log
- [Self Care Planner](#)



The We Believe Self-Care Planner helps reframe your way of thinking and keep you balanced and helps balance your days. Your mind, heart, soul, and body will enjoy a breath of fresh air and relief from continuous self-care practice! This planner is designed in a monthly format and helps with developing consistency in self-care, all while reaffirming who you are. MUSD prioritizes our staff self-care!

Adult Social Emotional Learning

We Believe that adult self-care will help us create environments in Madera Unified where both children and adults can thrive.

Resilience is a dynamic process that reflects positive adaptation and even growth in the face of stress and trauma.

Ultimately, educators' ability to navigate stress and heal from trauma is crucial in light of their work in schools.

As part of the [Greater Good Education Program](#), developed by UC Berkeley offers research-based strategies and practices for the social, emotional, and ethical development of students, **for the well-being of the adults who work with them**, and for cultivating positive school climates.

- **Resilience**
- **Emotions**
- **Self compassion**
- **Empathetic distress**
- **Self-awareness/emotional resilience**



Art & Music Activities for Adult SEL

- **Music Painting**
 - Water colors/colored pencils and music
- **Focused Listening**
 - Listening for timing, change in rhythm
 - feelings and mood evoked, instruments used, etc.
- **Kitchen Jamming**
 - Percussion patterns using common kitchen items
- **Sound Game**
 - Identify and reproduce sounds with your voice
 - “What sound does a fan make?”



Physical Activities

- Cardio drumming
- Virtual hike/bike ride/canoeing
- Body awareness for tension release
- Yoga
- Low impact walking
- Stretching
- Chair workouts/yoga
- Walk at home workout
- Juggling
- Crossing the midline/balance
- Breathing exercises
- How to determine your target heart rate
- Visualization and positive affirmation



Healthy eating, one bite at a time



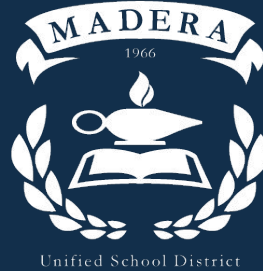
Our friends at Fresno State Dietetics will provide 5 videos with cooking and shopping tips to help everyone eat a more healthy diet, *one bite at a time*.

The intention is to focus on things like reducing salt intake, or adding more fruits and vegetables.

What are the next steps?



- Share this presentation video with your staff
- Encourage participation
- Be a role model!



“Where the futures of children are driven by their aspirations and inspired by their circumstances”