

# 180 Days of Self-Care for Busy Principals

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<b>Surviving the Season of Sacrifice:</b>	<b>Dealing With Disillusionment:</b>	<b>Finding Balance:</b>	<b>Finishing Strong:</b>
<ul style="list-style-type: none"> <li>• Music</li> <li>• Nutrition &amp; Hydration</li> <li>• Sleep</li> <li>• Laughter</li> <li>• Technology</li> <li>• Altruism</li> <li>• Wardrobe</li> <li>• Time</li> <li>• Mindfulness</li> </ul>	<ul style="list-style-type: none"> <li>• Time</li> <li>• Relationships</li> <li>• Gratitude</li> <li>• Saying No</li> <li>• Inspiration</li> <li>• Help Requests</li> <li>• Comfort</li> <li>• Social Media</li> <li>• Habits</li> </ul>	<ul style="list-style-type: none"> <li>• Creativity</li> <li>• Altruism</li> <li>• Indulgence</li> <li>• Adventure</li> <li>• Orderliness</li> <li>• Obligations</li> <li>• Play</li> <li>• Email</li> <li>• Replay</li> </ul>	<ul style="list-style-type: none"> <li>• Hobbies</li> <li>• Cognition</li> <li>• Transitions</li> <li>• Listening</li> <li>• Journal</li> <li>• Outdoors</li> <li>• Morning Routine</li> <li>• Active Rest</li> <li>• Summer Bucket List</li> </ul>

**Notes:**

# Self-Care Invitations by the Week

## Chapter 1: Surviving the Season of Sacrifice

### ***Week One: Music (Days 1-5)***

Monday: Create a go-to good-mood playlist.

Tuesday through Thursday: Crank it up.

Friday: Share your playlist with a colleague, friend, or family member.

### ***Week Two: Nutrition and Hydration (Days 6-10)***

Don't skip meals.

Keep a food journal.

Drink more water.

### ***Week Three: Sleep (Days 11-15)***

Monday: Keep your bedroom quiet, cool, and dark.

Tuesday: Try an evening snack.

Wednesday: Limit your caffeine.

Thursday: Avoid bright screens one to or two hours before bed.

Friday: Commit to waking up at the same time today as you will tomorrow.

### ***Week Four: Laughter (Days 16-20)***

Watch funny videos.

Spend time with animals.

Be silly.

Sing at the top of your lungs.

Start a Pinterest board.

Start a list.

Learn and share.

### ***Week Five: Technology (Days 21-25)***

Monday: Keep a running record of how many times you pick up your digital devices.

Tuesday and Wednesday: Purposefully choose fifteen sequential minutes to unplug completely (besides when you're teaching).

Thursday and Friday: See how long you can go without using digital devices and notice how it makes you feel.

***Week Six: Altruism (Days 26-30)***

Clean up for others.  
Communicate.  
Share positivity.  
Give what you can.  
Reward someone.

***Week Seven: Wardrobe (Days 31-35)***

Wear it again.  
Clean your closet.  
Get inspired.

***Week Eight: Time (Days 36-40)***

Allow yourself time.  
Schedule time.  
Salvage time.  
Enjoy lunch time.  
Be present.  
Check your time.  
Use wait time.

***Week Nine: Mindfulness (Days 41-45)***

Try mindful walking.  
Try guided meditation.  
Try deep breathing.  
Enjoy silence.  
Try yoga.

- Sunrise pose
- Tree pose
- Downward Dog pose

## Chapter 2: Dealing With Disillusionment

### ***Week Ten: Time (Days 46–50)***

- Eliminate unintentional breaks.
- Figure out the main thing and tackle it first.
- Work ahead by batching.
- Resist perfectionism.
- Schedule your time carefully.
- Change your feedback.
- Enlist students and volunteers.
- Use a traffic app.

### ***Week Eleven: Relationships (Days 51–55)***

- Schedule one-on-one time.
- Seek emotional intelligence.
- Use long-distance communication.
- Join a club.
- Enjoy game night.
- Play with others.
- Volunteer.

### ***Week Twelve: Gratitude (Days 56–60)***

- Monday: First thing in the morning, record three things for which you're grateful.
- Tuesday: Take a photo of something for which you're grateful.
- Wednesday: Send a text expressing your gratitude for someone.
- Thursday: Right before you go to bed, record three things for which you're grateful.
- Friday: Write a handwritten thank-you note to someone.

### ***Week Thirteen: Saying No (Days 61–65)***

- Keep your response simple.
- Offer an alternative.
- Buy some time.
- Consider a compromise.
- Separate refusal from rejection.
- Be true to yourself.

***Week Fourteen: Inspiration (Days 66-70)***

- Change your environment.
- Learn something new.
- Create a vision board.
- Visit your local bookstore or library.
- Try a new art form or listen to a new type of music.
- Keep an inspiration notebook.
- Follow ten people on social media who inspire you.
- Go beyond your comfort zone.
- Read an autobiography or memoir by someone you admire.
- Watch an inspiring TED Talk.

***Week Fifteen: Help Requests (Days 71-75)***

- Change your mindset.
- Reassess your priorities.
- Be specific.
- Request professional development that speaks directly to self-care.
- Take advantage of your employee assistance program (EAP).

***Week Sixteen: Comfort (Days 76-80)***

- Monday: When you're at home, turn off the overhead lights and opt for candles or lamps.
- Tuesday: As soon as you get home from work, change into comfortable clothes.
- Wednesday: Indulge in some hygge food or drinks.
- Thursday: Engage in an activity that feels especially comforting (but not using digital devices).
- Friday: Consider how you can bring comfort to school.

***Week Seventeen: Social Media (Days 81-85)***

- Monday: Schedule your screen time.
- Tuesday: Be super selective about who you follow.
- Wednesday: Schedule in-person time.
- Thursday: Stop and think before you post.
- Friday: Decide what you want to pay attention to.

***Week Eighteen: Habits (Days 86–90)***

Monday: Identify a habit that isn't serving you.

Tuesday: Identify the trigger and the reward.

Wednesday: Change your routine.

Thursday and Friday: Keep trying.

## Chapter 3: Finding Balance

### *Week Nineteen: Creativity (Days 91-95)*

Doodle.

Make something with your hands.

Set aside time for brainstorming.

Socialize with different people.

Walk—outside in nature if you can.

### *Week Twenty: Altruism (Days 96-100)*

Commit to paying kindness forward.

Count it up.

### *Week Twenty-One: Indulgence (Days 101-105)*

Treat yourself:

- Stay in if you don't feel like going out.
- Go out if you don't feel like staying in.
- Take a big, fat nap.
- Buy the thing.
- Order dessert first.
- Order dessert and only dessert.
- Wear fuzzy socks or cozy slippers.
- Don't count calories.
- Take a sick day.
- Skip the shower.
- Don't answer emails, texts, or return phone calls for twenty-four hours.
- Get the fancy cheese and expensive crackers.
- Light the candles.
- Start a wish list on Amazon or create a new board on Pinterest.
- Partake in a spa day or visit the local brewery.
- Give into your sweet (or salty) tooth.
- Color.
- Cook, bake, or make something with your hands.
- Have a dance party.

### *Week Twenty-Two: Adventure (Days 106-110)*

Make time.

Choose your adventure.

Pick your company.

Do your homework.

Commit.

Remember.



***Week Twenty-Three: Orderliness (Days 111-115)***

Monday through Friday: If you can accomplish a task in one minute or less, you must do it (Rubin, 2006).

***Week Twenty-Four: Obligations (Days 116-120)***

Take a break from house obligations.

Take a break from work obligations.

Take a break from social obligations.

***Week Twenty-Five: Play (Days 121-125)***

Monday: Watch “Play Is More Than Just Fun” by Stuart Brown (2008; <https://bit.ly/1e1z9LS>).

Tuesday: Reflect on your own play history.

Wednesday: Think about who you play with now.

Thursday and Friday: Go play.

***Week Twenty-Six: Email (Days 126-130)***

Monday: Determine how many times a day you check your email.

Tuesday: Consider how you can be the boss of your email.

Wednesday: Check in on your email habits (Raphael, 2017).

Thursday: Use the website unroll.me (<https://unroll.me>) to clean out the junk.

Friday: Unless they work for you, stop making folders.

***Week Twenty-Seven: Replay (Days 131-135)***

Write about the good stuff.

**Chapter 4: Finishing Strong*****Week Twenty-Eight: Hobbies (Days 136-140)***

Monday: If you have a hobby, reflect on how much time you currently devote to it.

Tuesday: Schedule time in your calendar to engage in your hobby.

Wednesday through Friday: Stick to your commitment, turn off your devices, and absorb yourself in your hobby fully.

***Week Twenty-Nine: Cognition (Days 141-145)***

Learn something new.

Advance your knowledge of an existing skill.

Memorize information.

Enjoy strategy games and puzzles.

Practice the five Ws.

Follow an uncommon path.

***Week Thirty: Transitions (Days 146-150)***

Consider your typical transitions.

Reflect on transitions, extend understanding, and respond.

Extend response to transition.

Assist your students through transition.

***Week Thirty-One: Listening (Days 151-155)***

Connect with a peer.

Connect with a student.

***Week Thirty-Two: Journal (Days 156-160)***

Schedule a time to write and try to write every day.

Set the stage.

Write whatever feels right.

Use your journal as you see fit.

**Week Thirty-Three: Outdoors (Days 161–165)**

Walk.  
 Rest.  
 Eat.  
 Notice.  
 Breathe.  
 Take your students outside.  
 Experiment.

**Week Thirty-Four: Morning Routine (Days 166–170)**

Start small.  
 Build from there.

**Week Thirty-Five: Active Rest (Days 171–175)**

Monday and Tuesday: Make a conscious effort to live in the moment.  
 Wednesday: Engage in mindful eating.  
 Thursday and Friday: Schedule thirty minutes of relaxation.

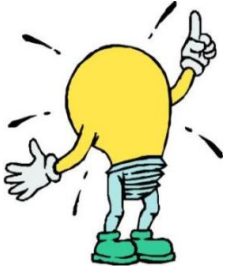
**Week Thirty-Six: Summer Bucket List (Days 176–180)**

Create your own self-care list.

*Brown, S. (2008). Play is more than just fun [Video file]. Accessed at [https://ted.com/talks/stuart\\_brown\\_says\\_play\\_is\\_more\\_than\\_fun\\_it\\_s\\_vital](https://ted.com/talks/stuart_brown_says_play_is_more_than_fun_it_s_vital) on March 15, 2019.*

*Raphael, J. R. (2017). The 7-step guide to achieving inbox zero—and staying there— in 2018. Accessed at <https://fastcompany.com/40507663/the-7-step-guide-to-achieving-inbox-zero-and-staying-there-in-2018> on March 18, 2019.*

*Rubin, G. (2006). Need a simple and effective way to get your life under control? Try the “one-minute rule.” [Blog post]. Gretchen Rubin. Accessed at [https://gretchenrubin.com/2006/12/need\\_a\\_simple\\_a](https://gretchenrubin.com/2006/12/need_a_simple_a) on March 18, 2019.*



## **Additional notes, strategies, and take-aways:**

**[go.SolutionTree.com/instruction](http://go.SolutionTree.com/instruction)**

*free reproducible versions of the prompts and reflections, as well as live links to additional resources*

*Thank you for your time and engagement!*  
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