

Meyer AR project....Creating a more balanced life...

Slide 1:

This is Mary Beth meyer. My project was creating a more balanced life. I am a principal at Greensburg Elementary School.

Slide 2:

This is my fourth year as principal at GES and I absolutely love my job. I love being a principal. I think that things are going to get easier as each year goes on but it doesn't seem to be doing that. Another challenge is that I am a mom of four girls so I need to make sure that I leave work at work. And with being a principal that is a huge challenge and can sometimes be impossible. When we discussed project ideas that is when my family started to notice a different attitude with me and knew that I was stressed when I got home from work.

Slide 3:

The purpose of my project was obviously to create a more balanced life. Obviously being a principal is important but my number one priority is my family. I needed to make sure that when I am with my family I am 100% with them.

Slide 4:

My wondering is are there more steps I can take to better balance my life and things that I can do to help my stress level. Could I focus more on myself - get more sleep, organizing myself at home and work? Would these things help, making sure when I am home I am 100% present. Trying to turn off those work expectations when I am home because they are pretty much 24/7.

Slide 5:

So my actions were weekly journaling. I worked on a more detailed work calendar. I did a lot more working out and making sure I was getting massages, going to the chiropractor, making sure I was focusing on taking care of myself. I started family work out time which the girls really loved. Going to the gym together was fun and having a home calendar at home with the girls was a good step. I also turned off notifications on my phone. Trying to make sure that I was organized at home and work.

Slide 6:

Here are some things that I did, my home calendar, weekly journal (I highlighted the negative in red and positive is blue to help with data), my detailed work calendar, my tickler file to organize what I didn't get done and when I walked in to my office everyday my desk was clean, turning off notifications on my phone was great. This helped to make sure my phone was not blowing up.

Slide 7:

Here are some pictures of my family when we were working out. We did this at least once a week, running the track and playing basketball, my girls really enjoyed it.

Slide 8:

This is my journal entries, the positive and negative for each month. When I first started this I had a lot of negatives. I really need to focus on turning these things into positive. When it came to the phone notification, that was huge. I did this at the end of november, it really helped my stress level in december and January and February. The phone not blowing up nonstop really helped my stress level.

Slide 9:

Negative impact with my discoveries was meetings every day that lasted several hours. Nightly events that I had to be at and wasn't able to spend time with my family. Student behaviors that take all of my time during the day, expulsion hearings and students dealing with trauma. Dealing with those students all day prevented me from getting anything else done. Not being able to stay organized, coming in to a messy desk did not help my stress level.

Slide 10:

Positive impact was turning off notifications on my personal phone was a huge positive. Not doing work at home, only reading articles when my girls were reading. Staying at work until 4:30-5:00pm helped me get as much done as possible before going home. Staying organized at work and keeping a clean desk was a positive. Having a home calendar at home helped so we were able to focus on chores, family time, and financial goals for the month. That was huge as well, this helped me be organized at home and my family discussed this to make sure that mom didn't have to do it all.

Slide 11:

Discoveries:

I learned that turning off email notifications on my phone made a major positive impact on my stress level.

I learned that leaving my desk clean every night helped me feel more organized and less stressed.

I learned that having a specific work and home calendar helped me to balance work and home life more effectively.

Slide 12:

Where I am heading next...

I learned that my teachers do not expect me to be perfect. Relationships are key and I have worked hard to create positive relationships with my staff. I also know that my family does not expect me to be perfect but they expect me to be present and with being an administrator, I know that I will also need to focus on putting my family first. I know that organization is key to maintain balance with work and home. Organization takes time but it is a necessity that I need to continue. I am going to continue this but it is nice knowing that I have built those relationships with my staff and they know that if I do not get back with them right away, they understand. They know that I am human and I'm not going to be perfect.

Slide 13:

This is my bibliography that shows what I have read during this project. Then of course my name and project title.

Creating a more balanced life...

Mary Beth Meyer
Greensburg Elementary School



Background Leading to my Inquiry



- This is my fourth year as principal at GES. I LOVE my job and enjoy knowing that I am in a position to make a difference. However, each year continues to get more and more overwhelming.
- Being a mom of four girls I have an additional challenge to leave work at work. This has been almost impossible and this year has been the biggest challenge for me. My family was starting to notice a difference in my attitude. I knew that changes had to be made.

Purpose

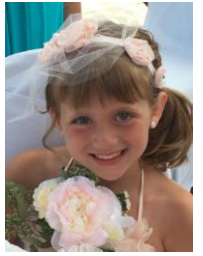


- My purpose is to create a more balanced life! Being a principal is important but being a mom is my number one priority.
- I want to be 100% present when I am spending time with my family.



My Wondering

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- I wonder if there are more steps I can take to better balance my life...
- Is there anything I can do to help my stress level?
 - Focus on taking care of me...
 - Getting better sleep...
 - Organization at work and home...
- What can I do to make sure I am 100% present when I go home at night?
 - Leave work at a certain time...
 - Work expectations 24/7...



My Actions

- Weekly journaling...
- More detailed work calendar...
- Working out, massages, chiropractor...
 - Family work out time...
- Detailed home calendar...
- Notifications on personal phone...
- Organization at work and home...

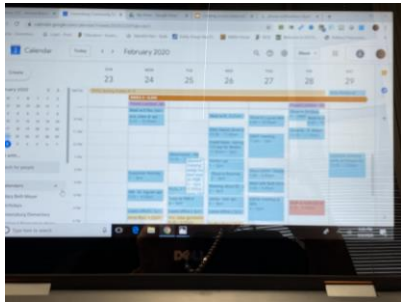


Data Collection

Tickler File



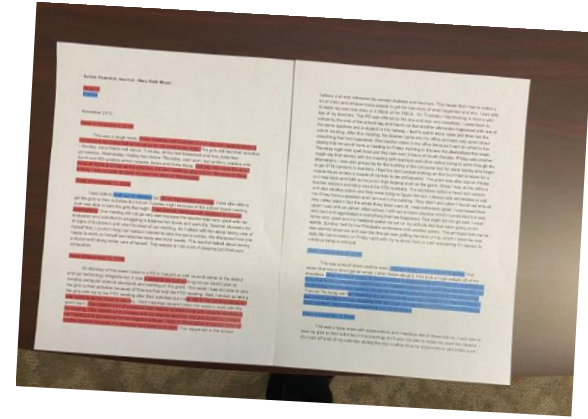
Work Calendar



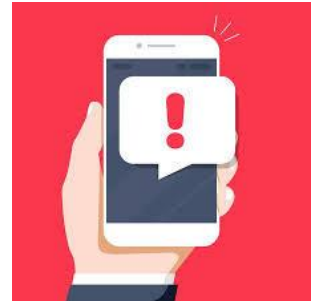
Home Calendar



Weekly Journal

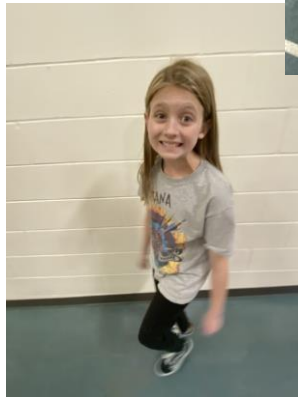


Cell Phone – Notifications turned off



My Data

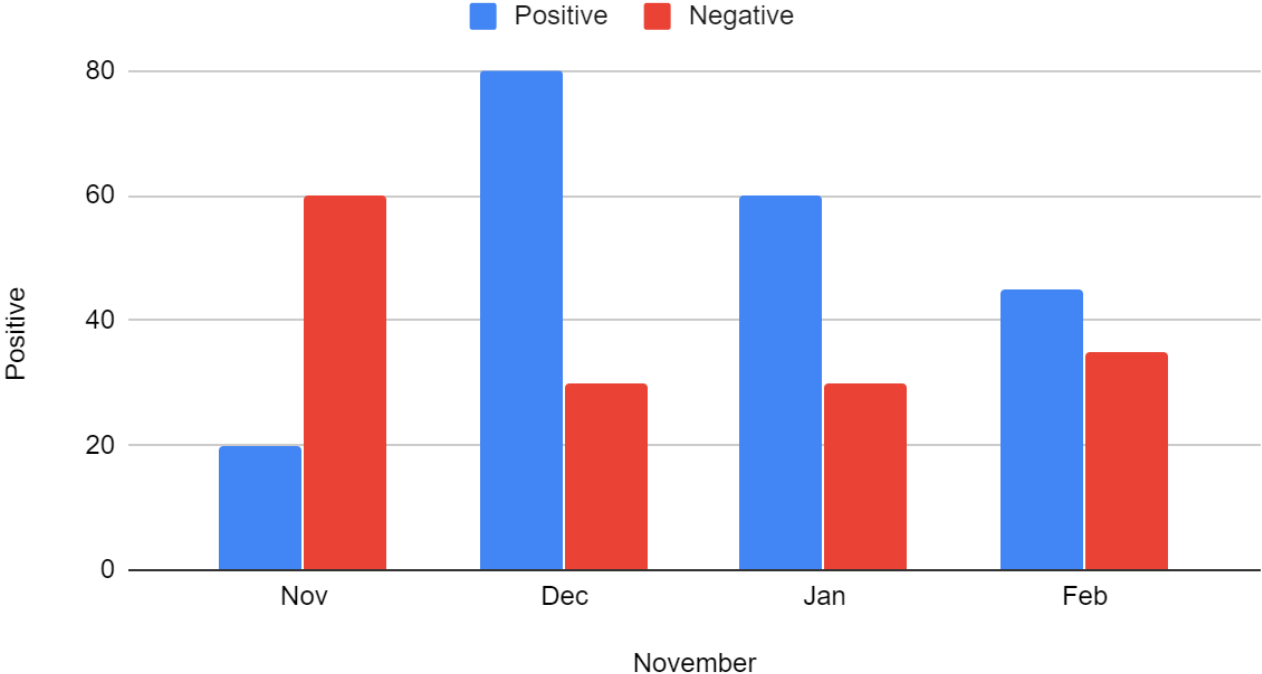
- Family time together working out...Started in January - at least once a week.



My Data

- Journal entry for each week-tracked the positive and negative impact daily tasks had on my stress level.

Weekly Journal Results



My Data/My Discoveries

Examples of Negative Impact:

- Meetings every day and lasting several hours total.
- Many nightly events that required my attendance.
- Student behaviors taking ALL my time during the school day - Expulsion hearings - students dealing with trauma
- Messy desk - no organization

My Data/My Discoveries

Made a positive impact:

- Turning off email notifications on personal phone.
- Not doing work at home - only reading books articles when my girls are reading.
- Stay at work until 4:30-5:00 to get as much done as possible before going home.
- Organized at work - clean desk when I leave every night
- Home Calendar - focuses on chores to do at home, family time, financial goals, and bible reading.

My Discoveries



1. I learned that turning off email notifications on my phone made a major positive impact on my stress level.
2. I learned that leaving my desk clean every night helped me feel more organized and less stressed.
3. I learned that having a specific work and home calendar helped me to balance work and home life more effectively.

Where I am Heading Next

- I have learned that my teachers do not expect me to be perfect. Relationships are key and I have worked hard to create positive relationships with my staff.
- I also know that my family doesn't expect perfection but they expect me to be present. With being an administrator, I know that I will always need to focus on putting my family first.
- I know that organization is key to maintain balance with work and home. Organization takes time but it is a necessity that I need to continue.

Bibliography

- Taylor. (2015). How And Why To Make A Tickler File. Retrieved from <https://www.home-storage-solutions-101.com/tickler-file.html>.
- Butler, Dan. (2018). Education Without Exhaustion. *Principal*, September/October 2018, pages 32-35.

Meyer, Mary, E. (2020). Creating a more balanced life. Presented at the annual Indiana Principal Leadership Institute Action Research Showcase, Indianapolis, IN.