Finding Some Time For Yourself - Growing Mentally, Physically and Socially

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Background That Led to Your Inquiry:

I will be switching schools, and school districts, beginning January 3, 2017. While this will be a time of chance, with lots of work to be accomplished. However, I cannot lose sight of focusing on my own health and my family's health.

My original plan was signing up for the Disney World Marathon. My brother and I ran the Disneyland Half Marathon ten years ago. We decided at that time that in ten years we would run a full marathon together. This was to be the year. However, after I applied for the Center Grove position, and received it plans changed. I would no longer be able to run in marathon, due to school being back in session.

The next plan was to run the Indy 500 Festival half-marathon with some friends. Over the course of two weeks, everyone had backed out, which led to me looking for a third plan for my action research focus. I decided after this that I need to do something for myself and so SOME TIME FOR MYSELF evolved in to what I did with my action research project.

Therefore, the purpose of my action research was to spend more time for myself and my family, through technology free nights and establishing a core exercise program to be mentally and physically healthy.

Statement of Your Wondering:

With this purpose, I wondered what positive impact there would be for my family and work family if I were mentally and physically healthy.

What would the impact be to increase the staff morale at CGES, when I focus on making sure that I am healthy (mentally and physically)?

Sub-questions:
- What relationship is there between being mentally healthy, and work production?
- What relationship is there between being physically healthy, and work production?
- What relationship is there between leadership happiness, and staff morale?
- How will mental happiness, increase family time?
- How will physical happiness, increase family time?
- How will turning off technology for two hours each night, increase family discussion and happiness?

Methods/Procedures:

To gain insights into my wonderings, I started my collecting data for technology free nights, family time, and exercise. Data collection began December 1, 2016 and ended on February 28, 2017. Each night I would put my phone away, so that I was not distracted by or wanting to check emails or get on social media. If I were

able to, I would go and exercise in the basement or around the neighborhood. Secondly, my daughter picked the fun activity that we were going to do that evening as a family. Sometimes we played games and other times it was playing with her toys. This varied each night, based on her wishes and wants for family time.
METHODS and PROCEDURES:

I will work to carve out time daily to spend more time on my health (exercising) and with my family. I will do this to clear my mind, and to focus on mental and physical health.

Data Collection:
- Calendar of running and exercising each week
- Journal of thoughts, frustrations, and successes
- Journal of when social media and technology is turned off each evening
- Calendar of time spent together as a family

Stating Your Learning and Supporting it with Data:

Findings:

As a result of analyzing my data, three important things I learned include:
- Learning Statement One: Less stress at work - shared with staff and some tried to replicate this in their own lives
- Learning Statement Two: Lost 15 lbs - exercising more
- Learning Statement Three: Family Time - nights we were not using technology everyone was happier with the time we were able to spend together

When I was able to spend more time with my family at home I was happier at work. I would often think about the smile on my daughter's face, because I told her I was not too busy to play with her at night. We played board games, or would go on walks around the neighborhood. This allowed me to mentally de-stress and be able to work harder and smarter at school.

Focusing on myself allowed me to lose about 15 pounds, and I felt better about myself. I made smarter choices when eating, and had more energy due to this. More energy allowed me to work harder at school, and be mentally prepared for challenges.

Everyone was happier when we were not connected to technology. We were able to have great conversations and explore different areas of our community (parks and museums). I feel that our relationships grew positively during this time.

Data can be found at:
https://docs.google.com/a/centergrove.k12.in.us/document/d/1ycIj7fSWRHusbmHrcuujAHGZqq2KPYtbhgzcQmujPRA/edit?usp=sharing

Providing Concluding Thoughts:

As an administrator, I learned that my actions directly affect those around me. If my family and colleagues see me stressed, then they will be in panic and it will possibly endure stress on them. When I felt less stressed, so did those around me, and they were happy and laughing. I must make sure I take time for myself, because I cannot help those around me if I am not mentally or physically well to do so.

I shared my action research project with my CGES Leadership Team, and as a staff, we are going through professional development on Finding Our Purpose. We are also focusing on our self-worth, and being mentally and physically well. A few of our ideas and targets for the future are:

- No emails sent out after 7:00 pm (unless emergency)
- Exercise club after school
- Focus is on spending more time with our families
- What is our self-worth? (Professional Development)
    o I would like to impact or help…..
    o I would like to be remembered as someone who….
    o I will make a difference by …...
- Teacher Action Research project for next year
    o Team Effort for accountability
    o School-wide Mental Health Project (survey)

In conclusion, I am excited to continue my action research with the staff at CGES. As a team, we will make sure that we focus on our mental and physical health, and hold each other accountable. Out hope with the targets listed above, we will work together as a staff and improve the climate of our school.

References:

N/A

Krista Nelson

Leading with Passion and Knowledge

The issue/tension/dilemma/problem/interest that led me to my inquiry was:

I switched schools, and school districts, beginning January 3rd. While this will be a time of change, with lots of work to be accomplished. However, I cannot lose sight of focusing on my own health, and my family's health. My hope is that focusing on some time for myself, will make those around me happy and boost staff morale within my new building.

Therefore, the purpose of my inquiry was to:

Dedicate time each evening to exercise, and be technology free until after my daughter goes to bed. The hope is to increase family time, and mental health.

My wonderings were:

 What would the impact me to increase the staff morale at CGES, when I focus on making sure that I am healthy (mentally and physically)?

Sub-questions:

What relationship is there between being mentally healthy, and work production?

What relationship is there between being physically healthy, and work production?

What relationship is there between leadership happiness, and staff morale?

How will mental happiness, increase family time?

How will physical happiness, increase family time?

How will turning off technology for two hours each night, increase family discussion and happiness?

I collected data by:

Data

Date	Activity	Time	Technology Free Night
December 1, 2016	Running	20 minutes (2 miles)	Yes
December 2, 2016	Walk outside after school	30 minutes	Yes
December 3, 2016			Yes
December 4, 2016	Run on treadmill	30 minutes	No
December 5, 2016	Walk outside with family	35 minutes	No
December 6, 2016			No

December 7, 2016	Run on treadmill	55 minutes	Yes
December 8, 2016	Walk outside	30 minutes	Yes
December 9, 2016	Walk outside	3 miles	Yes
December 10, 2016	Run outside	2 miles	Yes
December 11, 2016			No
December 12, 2016			No
December 13, 2016	Walk outside	20 minutes	Yes
December 14, 2016	Run outside	4 miles	Yes
December 15, 2016			Yes
December 16, 2016	Walk outside with family	40 minutes	Yes
December 17, 2016			No
December 18, 2016			No
December 19, 2016	Walk on treadmill	2 miles	No
December 20, 2016	Run on treadmill	3 miles	No
December 21, 2016	Walk outside	3 miles	No
December 22, 2016			No
December 23, 2016			No
December 24, 2016			Yes
December 25, 2016			Yes
December 26, 2016	Disney World	Walked 16, 980 steps	Yes
December 27, 2016	Disney World	Walked 27, 350 steps	Yes
December 28, 2016	Disney World	Walked 32,141 steps	Yes
December 29, 2016	Disney World	Walked 27, 707 steps	Yes
December 30, 2016	Ran/Walk with family	3 miles	Yes
December 31, 2016			No
January 1, 2017			No
January 2, 2017			No
January 3, 2017	First Day at CGES		No
January 4, 2017			No
January 5, 2017			No
January 6, 2017	Run/walk with family	3 miles	Yes
January 7, 2017			No
January 8, 2017	Strep Throat		No
January 9, 2017	Strep Throat		No
January 10, 2017	Strep Throat		No
January 11, 2017	Strep Throat		No
January 12, 2017	Jog on Treadmill	30 minutes	Yes
January 13, 2017	Walk outside	20 minutes	Yes
January 14, 2017			No
January 15, 2017			No
January 16, 2017	Walk on treadmill	30 minutes	Yes
January 17, 2017			No
January 18, 2017	Jog around the neighborhood	2 miles	Yes
January 19, 2017			Yes

January 20, 2017			Yes
January 21, 2017	Strep Throat		No
January 22, 2017	Strep Throat		No
January 23, 2017	Eliptical	30 minutes	Yes
January 24, 2017	Eliptical	20 minutes	Yes
January 25, 2017	Eliptical	20 minutes	Yes
January 26, 2017			No
January 27, 2017	Walk around the neighborhood	30 minutes	Yes
January 28, 2017			No
January 29, 2017			No
January 30, 2017	Eliptical	30 minutes	Yes
January 31, 2017	Eliptical	30 minutes	Yes
February 1, 2017	Run outside	40 minutes	Yes
February 2, 2017	Eliptical	20 minutes	Yes
February 3, 2017	Walk/run outside	40 minutes	Yes
February 4, 2017			No
February 5, 2017			No
February 6, 2017			No
February 7, 2017			No
February 8, 2017	Walk around the school	20 minutes	Yes
February 9, 2017			
February 10, 2017			
February 11, 2017			
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February 24, 2017			
February 25, 2017			
February 26, 2017			
February 27, 2017			
February 28, 2017			

Data Notes and discoveries:

1. Weekends I am not off my phone, which equates to more "No's" in my data. If you take that away, then 82% of the time I have had tech free nights.
2. Getting sick really got me down! ☹ It was hard to get back into the exercise routine.
3. The holidays were hard with exercising and tech free.
4. Around 30 minutes is what I have to give each night for exercising. After that I am with my family.
5. I have had more technology free nights at CG, than in Mooresville. I believe this was due to working hard to wrap up my job at Newby, and to prepare staff and the new principal for the transition.