



You Are Worth It!

Principal Name: Amanda Pyle

School Name: Eastern Hancock Elementary School

Principal's Email Contact : apyle@easternhancock.org

Background Leading to My Inquiry (Slide 2)

- I was always tired and something needed to change.
- Leaders tend to put themselves last.
- Principals tend to give the best of themselves to their buildings and families get the "leftovers".
- "However noble it may seem to put others' needs and interests first; it becomes selfish and destructive when we do it at the expense of our own health." (Anderson, 2024)

The Purpose of My Inquiry (Slide 3)

- As a base harmonizer, I experienced the world through the filter of emotions. Living with this filter can be exhausting. I often take on others' fears, weaknesses, problems, etc. These feelings and emotions drain me and make it hard to focus on other people, other activities and myself after school. I need to prioritize my own mental and physical health.
- As a phase thinker at the end of the day, I am motivated by accomplishing important things and seeing the positive impact of my work. The older I get, the more important my own self-care is. I have become not as strong over the last few years; can't do things I used to easily do and am ALWAYS tired.

My Wondering (Slide 4)

- I wonder how prioritizing my own self-care three times a week, through exercise, will impact my motivational need of seeing the positive impact of my work? Will my energy increase and allow me to stay on this journey of health and wellness?

My Actions (Slide 5-7)

- Collect baseline data on energy level and if self-care occurred during the month of December.
- Months of January, February and March, collect data of energy level and self-care

Data Collection (Slide 8-10)

- In this step, summarize your learning in two to three brief statements that illustrate the most critical facets of what you learned:
- Learning Statement One:
- Learning Statement Two:
- Learning Statement Three:
- Each evening a google form was completed. Data tracked:
 - Energy level at the end of day.
 - Did self-care take place?
 - If self-care took place, what was it?
 - Any other factors to note.

My Discoveries (Slide 12-14)

- Learning Statement One: In mid-January, I discovered that adopting a healthier diet significantly improved my **energy levels**, even on days when one of my usual self-care activities was not able to be completed. This experience taught me that making mindful, nutritious food choices is a vital aspect of self-care. By prioritizing my diet, I recognized the profound impact it has on my overall well-being.
- Learning Statement Two: After making healthier food choices for four weeks, I observed an increase in my energy levels, which in turn made me **more inclined to engage in self-care activities**. This experience reinforced the connection between proper nutrition and overall well-being, highlighting how a balanced diet can enhance motivation for maintaining personal health.
- Learning Statement Three: I realized that while this job can be challenging and it can be difficult to prioritize self-care, **I had been using it as an excuse to neglect my own well-being**. This insight helped me recognize the importance of taking responsibility for my self-care, regardless of external demands.

Although this project seems to be about exercise, it was so much more impactful than that. I realized that I had been making excuses about why I was so tired and why I didn't want to engage after school hours. I realized throughout this process that by making myself a priority every day with healthy eating, the other areas of concern took care of themselves. I didn't need to exercise for hours each day but naturally had more energy and was willing to be involved with exercise by eating healthier foods and eliminating a lot of sugar. The bold words above simplified what I learned and how impactful this project was to me: energy level increased, I became more inclined to engage in self-care activities and I had been using my job as an excuse to neglect my own well-being.

Where I Am Heading Next (Slide 15)

- BE PROACTIVE: Continue to make healthy food choices.
- BE REFLECTIVE: When things feel hard, reflect on all aspects of life to identify the trigger instead of assuming.
- BE A PRIORITY: Remember that it is okay and NECESSARY to make your health a priority.

Bibliography (Slide 16)

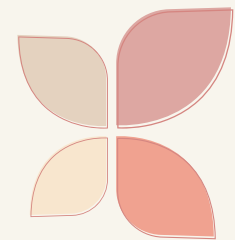
Anderson, M. (2024). Rekindle Your Professional Fire. Arlington.

Reiger, N. (2020). Seeing People Through . Oakland.

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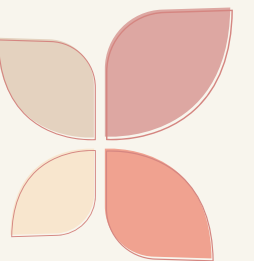
Amanda Pyle
Eastern Hancock Elementary School
apyle@easternhancock.org

“Leadership is not just about others. It STARTS and ENDS with how we lead ourselves. You can’t lead others until you lead YOURSELF.” (Reiger, 2020)




“However noble it may seem to put others’ needs and interests first, it becomes selfish and destructive when we do it at the expense of our own health.” (Reiger, 2020)

“Without taking care of our most basic needs, it’s going to be hard to have the positive energy students desperately need for us to have.”
(Anderson, 2024),



Background Leading to Inquiry

The Purpose of Inquiry



As a base harmonizer, I experienced the world through the filter of emotions. Living with this filter can be exhausting. I often take on others' fears, weaknesses, problems, etc. These feelings and emotions drain me and make it hard to focus on other people, other activities and myself after school. I need to prioritize my own mental and physical health.

As a phase thinker at the end of the day, I am motivated by accomplishing important things and seeing the positive impact of my work. The older I get, the more important my own self-care is. I have become not as strong over the last few years, can't do things I used to easily do and am ALWAYS tired.

I Wonder?

I wonder how prioritizing my own self-care three times a week, through exercise, will impact my motivational need of seeing the positive impact of my work? Will my energy increase and allow me to stay on this journey of health and wellness?

My Actions

I used the month of December to gather baseline data consisting of:

- 1- Energy Level at End of Day.
- 2- Did Self-Care Take Place?
- 3- If Self-Care Took Place, What Was It?
- 4- Other Factors to Note.



My Actions

During the months of January, February and March, I purposely added in self-care activities and continued to report of the following things at the end of the day.

- 1- Energy Level at End of Day.
- 2-Did Self-Care Take Place?
- 3-If Self-Care Took Place, What Was It?
- 4-Other Factors to Note.



Google Form

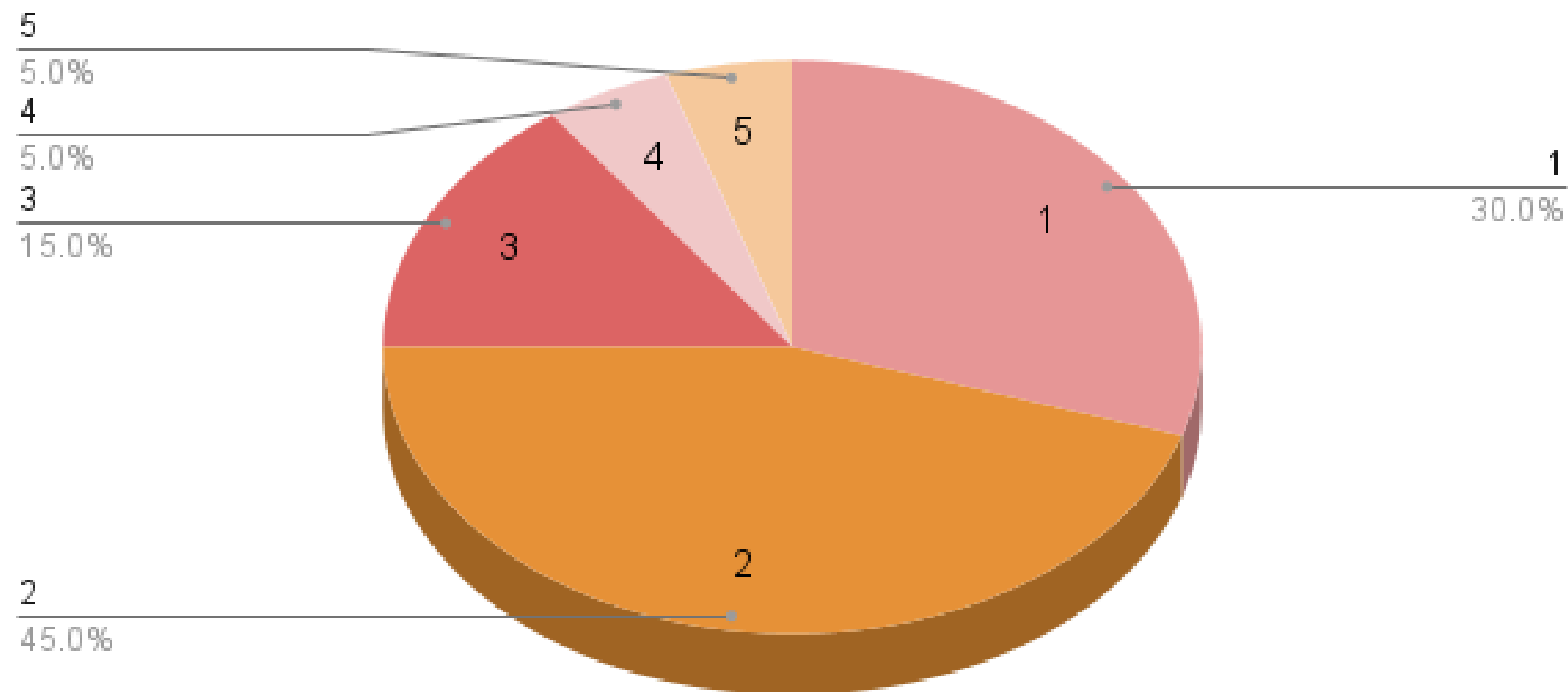
Completed each evening around 8:00 pm.

- 1- Energy Level at End of Day
- 2-Did Self-Care Take Place?
- 3-If Self-Care Took Place, What Was It?
- 4-Other Factors to Note.



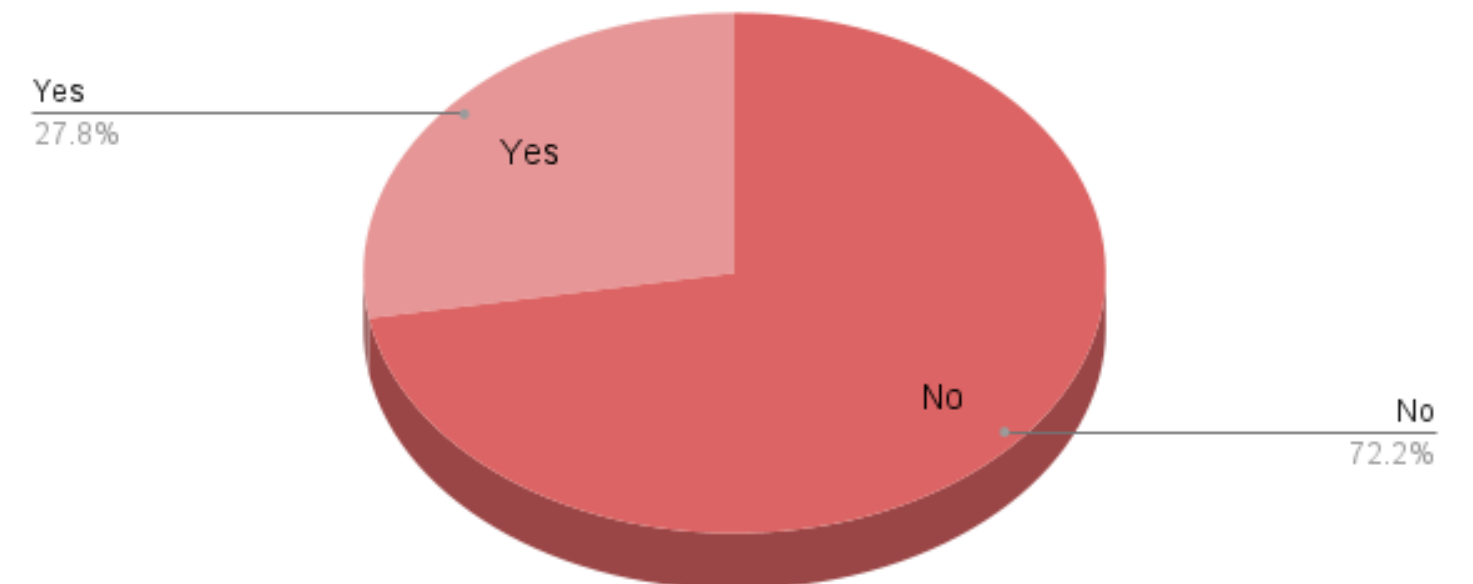
Data- Baseline

Frequency vs. Energy Level Baseline

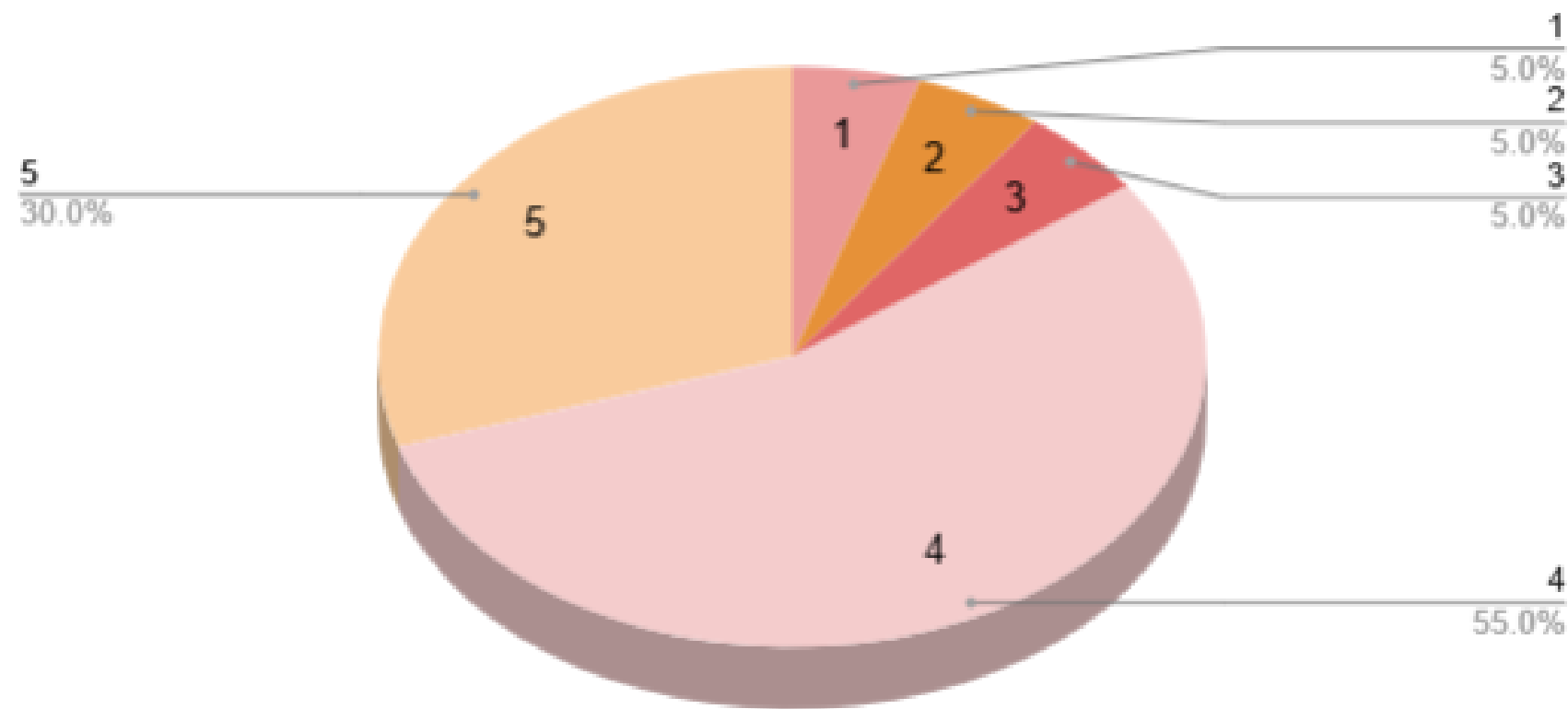


When collecting baseline data, the energy levels of 1 and 2 (lowest) were reported **75%** of the days. During the same time period, only **28%** of the time did I focus on self-care.

Self-Care Baseline



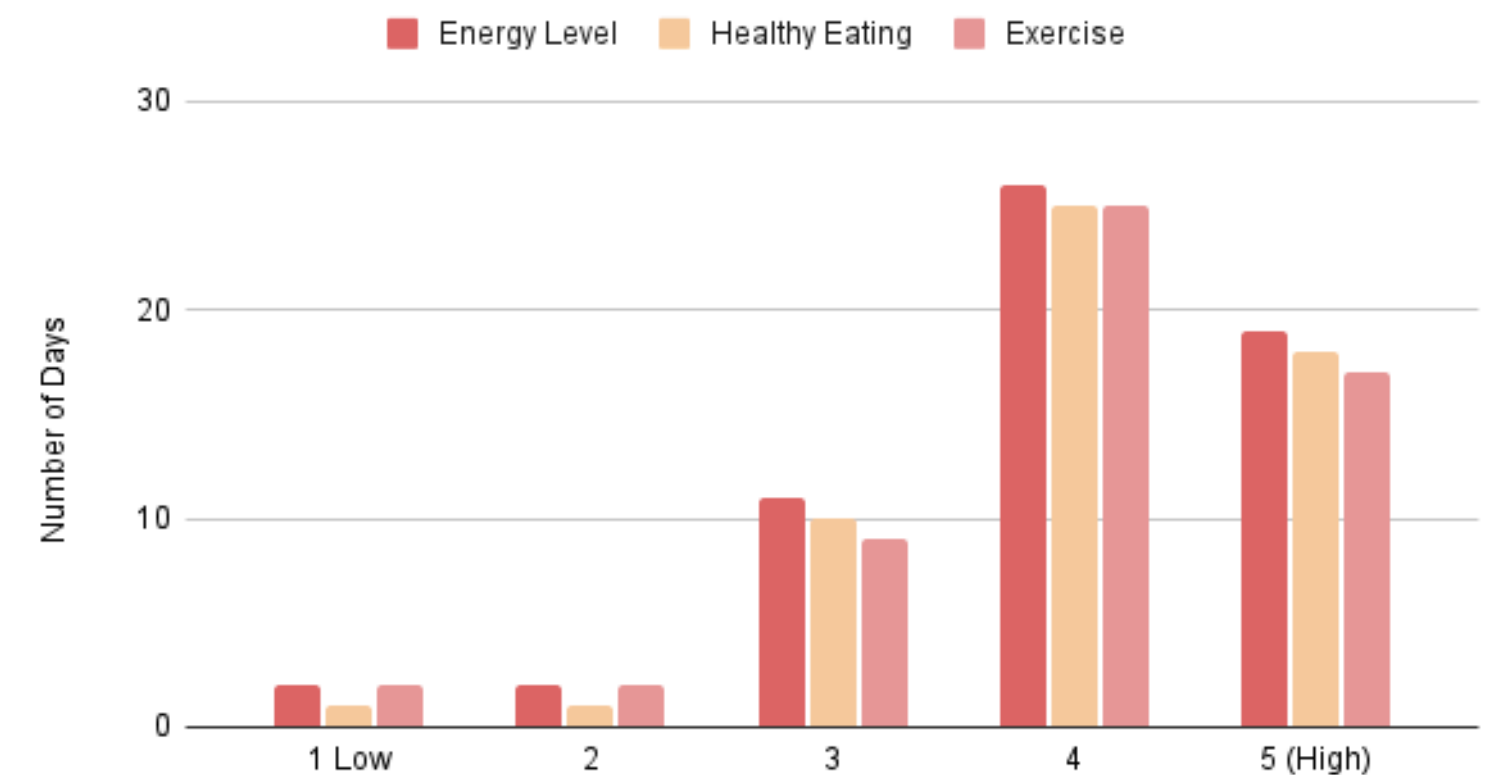
Frequency vs. Energy Level Baseline



When collecting data, the energy levels of 1 and 2 (lowest) were reported 10% of the days. During the same time period, **93.3%** of the time I focused on self-care.

During baseline, only 10% of the days did I report an energy level of a 4 or 5. During the months of Jan-March, I reported energy levels of a 4 or 5 **85%** of the time.

Energy Levels Compared to Self-Care Choices





When eating healthier, I had more energy and felt more like exercising.

Healthy Eating Habits



Self-Care Choices

- **Exercise**
- **Sleep Greater than 7 Hours**
- **Massage**
- **Time with Important People**
- **Healthy Eating**
- **Other**



My Discoveries

Learning Statement One:

In mid-January, I discovered that adopting a healthier diet significantly improved my **energy levels**, even on days when one of my usual self-care activities was not able to be completed. This experience taught me that making mindful, nutritious food choices is, in itself, a vital aspect of self-care. By prioritizing my diet, I recognized the profound impact it has on my overall well-being.



My Discoveries

Learning Statement Two:

After making healthier food choices for four weeks, I observed an increase in my energy levels, which in turn made me **more inclined to engage in self-care activities**. This experience reinforced the connection between proper nutrition and overall well-being, highlighting how a balanced diet can enhance motivation for maintaining personal health.



My Discoveries

Learning Statement Three:

I realized that while this job can be challenging and it can be difficult to prioritize self-care, **I had been using it as an excuse to neglect my own well-being.**

This insight helped me recognize the importance of taking responsibility for my self-care, regardless of external demands.

Next Steps



Be Proactive

Continue to make healthy food choices.

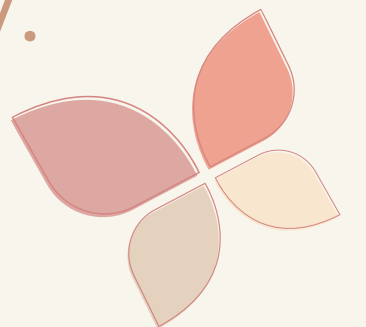


Be Reflective

When things feel hard, reflect on all aspects of life to identify the trigger instead of assuming.

Be A Priority

Remember that is okay and **NECESSARY** to make your health a priority.



Resource Page

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