

WELLNESS MATTERS, YOU MATTER

The Covid-19 pandemic has had a major impact on all of our lives and we understand everyone is experiencing loss and grief in many forms. While we still face times of uncertainty, it is crucial to find ways to continue to persevere. Wellness is more important now than it has likely ever been. Wellness does not mean that we stop acknowledging the grief and loss – it is what allows us to acknowledge and process it while simultaneously providing a path for the healthiest way forward.

The five core competencies of Social and Emotional Learning (SEL) are key ingredients to improving and maintaining wellness in our lives. We have to be **Self-Aware** of what fuels or drains our wellness. We need effective **Self-Management** strategies to manage stress and harness intrinsic motivation. We must be **Socially Aware** of resources in our communities and contribute to the healthy society we all want to live in. We need **Relationship Skills** to find and maintain supportive people to lean on and enjoy life with. And we need **Responsible Decision-Making** to make good choices about our wellness. In each issue of Frameworks' *Wellness NOW*, we will explore different wellness topics through the lens of SEL. Our goal is to provide you with meaningful and actionable information, resources, and tools to meet you where you are and enhance your SEL and wellness practice.



Stay Well,
The Frameworks Team

CLICKABLE RESOURCES

1. [December Events Calendar](#) - A calendar of free events and activities available in the Tampa Bay community for you and your family!
2. [16 Ways to Build a Recharge in your Day](#) - *Greatist* shares science-backed habits you can implement to rest and recharge. It also transitions into *Greatist's* article on "40 Ways to Relax in 5 Minutes or Less".
3. [2021 Winter SEL Guide](#) - This 25-page guide from *Aperture Education* is full of activities for students, families and educators to rest and recharge using SEL.
4. [Activities to Recharge Your Personal Battery](#) - *Healthline* shares a list of activities with explanations that you can try this break to recharge yourself both physically and mentally.
5. [How to Make the Most of Your Winter Break](#) - *Edutopia* shares four ways you can make sure you intentionally make the most of your break so you can return feeling rested and recharged.

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7 TYPES OF REST WE ALL NEED

- PHYSICAL REST:** MORE SLEEP, NAPS, DEEP BREATHS, RELAXATION, STRETCHING
- MENTAL REST:** MUSIC, MEDITATION, SILENCE
- EMOTIONAL REST:** OFFLOADING EMOTIONAL BAGGAGE, TALKING TO A GOOD LISTENER, THERAPY
- SOCIAL REST:** CATCHING UP WITH AN OLD FRIEND OR CONVERSELY, TAKING A BREAK FROM SOCIALIZING
- CREATIVE REST:** READING A BOOK, TAKING A WALK IN NATURE
- SPIRITUAL REST:** DOING THINGS THAT GIVE YOU SENSE OF PURPOSE OR MEANING
- SENSORY REST:** TURNING OFF DEVICES AND SCREENS, FIND THE QUIET

SUPPORT SCHEDULE

Drop-In Wellness Community Building Sessions™

HCPS educators are invited to drop in for a 15-minute wellness themed virtual Community Building Sessions™, Frameworks' SEL meeting format, designed to boost your wellness and strengthen your community support. Sessions will be twice a week until Winter Break.

Upcoming Sessions:

Wednesday Dec. 1st @ 6:00pm: [Meeting ID 863 2963 3462](#)

Friday Dec. 3rd @ 7:00am: [Meeting ID 886 3951 3487](#)

Wednesday Dec. 8th @ 6:00pm: [Meeting ID 863 0505 2618](#)

Friday Dec. 10th @ 7:00am: [Meeting ID 822 5760 8793](#)

Wednesday Dec. 15th @ 6:00pm: [Meeting ID 890 1070 1377](#)

"SEL & Educator Wellness" Virtual Professional Development

HCPS educators are invited to attend a 90-minute interactive professional development workshop exploring educator wellness and SEL tools and strategies for boosting wellness practices.

Monday December 6th @ 4:00pm-5:30pm: [register here](#)

CHOOSING TO "RECHARGE" ISN'T A SELFISH ACT.
SELF-CARE INEVITABLY BENEFITS ALL
OF YOUR STUDENTS.



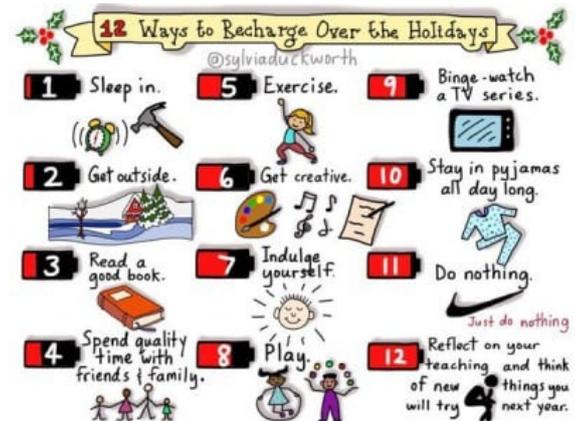
REST AND RECHARGE DURING BREAK

Its winter break. You made it. Two weeks off from school! You get excited and make all the plans and then poof! Break is over and you're dazed and confused wondering how what felt like so much time went by so quickly.

Making sure we *actually* rest and recharge over break is easier said than done. Sometimes its hard to remember that "not working" does not automatically equal "rest." We have to be intentional with out rest to be sure its fully recharging us. That means we need to give some thought to what actually makes us feel rested. We might think its just sleeping in and binge watching TV, but in reality it might be taking a screen break or spending quality time with loved ones. You can use **self-awareness** to reflect on the [seven different types of rest](#) and what restful activities you can do to make sure your approach is well-rounded and refreshing. Having a day or two to stay in your PJs and catch up on your favorite show can be a great way to rest, but be sure to sprinkle in a few other activities this winter break to make sure you return rested, recharged, and ready to take on the rest of the year.

5 WAYS TO (SEL)EBRATE THE HOLIDAYS!

- 1. Self-Awareness** - Make a list of everything you have accomplished or are proud of this year. It's important to take time to celebrate all you do, too!
- 2. Self-Management** - Practice a self-care activity you don't normally have time for during the school time. Do a creative project, plan a day trip, take a class, or have an intentional unproductive day!
- 3. Social Awareness** - Connect with your community by making holiday cards, participating in a charity event, volunteering, or planning a social gathering. Giving to others helps up give to ourselves as well.
- 4. Relationship Skills** - Spend quality time with the people who matter most to you! Whether that's in person or through a video call, make the most of this time off and recharge through connection.
- 5. Responsible Decision-Making** - Avoid a hectic holiday by being proactive with your celebration preparations. Make a list of what you need to do and a timeline for when you'll do it to prevent that last minute rush.



LOL CORNER

According to [Mayo Clinic](#), laughter has many health benefits like improving our stress response and boosting our immune system. Get all these health benefits in this section by laughing out loud!

Videos to Make You LOL

1. [Laugh Trapped Funny Weekend at the Zoo Clips watch here](#)
2. [8 TikTok Challenges Students Should Do Instead watch here](#)

Memes to Make You LOL

