

MINDFULNESS

Tips for mindfulness with teacher, guidance counsellor and expert Fiona Humphries



Zzzz

SLEEP

Having enough quality sleep means that the daily ups and downs of our situations can be navigated with increased resilience.

If a pattern of poor sleep emerges, consider improving your sleep hygiene: limit the use of small screens within an hour of bedtime, unwinding your mind before bed by journaling, sketching or reading, avoiding heavy meals or exercise in the evening, and developing a relaxing bedtime routine which may include a shower and a hot drink.



LESS NEWS

An overabundance of Covid-19 news can prove weighty for some and may lead to feeling anxious or overwhelmed. If you recognise this, put boundaries around your media exposure.

GRATITUDE

The practice of gratitude is found to benefit wellbeing and is simply the identification of 3-5 things to be grateful for each day.



THANK YOU

DAY BY DAY



Counting down the days may seem natural yet given that there is no end date yet, this could prove unhelpful. Deal with each individual day as it comes up, letting your focus settle on today.

COMFORT AND NUTURE YOURSELF



Listen to what your own needs are and attend to them. Let yourself off the hook with some of your usual expectations for yourself.

Learners will look to us for strength and a return to normality so now, a focus needs to be your own self-care.

RECOGNISE BURN-OUT

Check in with yourself daily. If you are having ongoing trouble sleeping, are more reactive and less resilient, perhaps teary and overwhelmed, you feel 'heavy' and unmotivated, then take some steps to support your wellbeing. If you feel very overwhelmed, first, do something quite 'concrete' such as taking out the rubbish or making your bed. Then, talk to somebody you trust. You can call or text 1737 any time to connect with a trained counsellor. Clarify for yourself what you can control (such as what you'll have for dinner, who you talk to, what you read) and what you can't (such as the lockdown) and bring your focus back into the circle of what you can control. Focus just on today, forget the big picture, and keep things as simple as possible.



Fiona Humphries has been in the teaching profession for almost 30 years. After 15 years in the primary sector she retrained as a counsellor and is the Guidance Counsellor, Careers Advisor and Music teacher at Fiordland College, Te Anau. She is working towards a doctorate through the University of Otago, investigating New Zealand teachers' perceptions and insights of their wellbeing.