**Wellbeing Activity**

**Hank Bohanon**

**Review the quality-of-life matrix below** and identifyone area of strength and one opportunity for improvement. See the next page for ideas on specific areas for improvement.

|  |  |
| --- | --- |
| **Physical*** Exercise
* Diet
* Rest

**Strength: (*e.g., I sleep 7 hours per night*)****Opportunity: *(e.g., I want to exercise regularly)*** | **Personal*** Hobbies
* Finance
* Well-being

**Strength:****Opportunity:** |
| **Intellectual** * Learning a new skill
* Developing a skill
* Self-improvement

**Strength:****Opportunity:** | **Social*** Connecting with family
* Connecting with friends
* Connecting with a community

**Strength:****Opportunity:** |

**Write the next actionable step to address one opportunity area**. Make the next step SMART (specific, measurable, actionable, reasonable, time-bound):

* **Non-example**: *I will call an old friend next week.*
* *Examples:* *I will call Mike, Sarah, or Shane on my commute home from work next Monday. I will list three people I can contact for advice by Friday of this week.*
* Your actionable step:

**If you are willing, text your next step to someone who can help with accountability.**

**Ideas for addressing quality of life**

According to Lesh (2020), educator well-being can be improved through:

|  |  |
| --- | --- |
| • Keeping a gratitude journal• Time for reflection• Exercising• Having a proper diet• Spending time with family  | • Having a school confidant• Interacting with Pets Therapy• Developing self-directed stress management plan• Improving your teaching/craft• Celebrating accomplishments |

Lesh, J. J. (2020). Don’t Forget About Yourself: Words of Wisdom on Special Education Teacher Self-Care. *TEACHING Exceptional Children, 52*(6), 367–369. https://doi.org/10.1177/0040059920936158