



Spring Break tune-up

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With the 2019-2020 Spring Break upon us soon, it's a great time to recharge and take stock over the holiday. Many see this as the three-quarter mark of the school year. Given that the final stretch is often referred to as a bobsled run, Spring Break offers a much needed break, both for some adventure and for an opportunity to reflect on what you need to personally prioritize so that you can finish the year on a positive note. Here are some suggestions you might find helpful.

1. Slow it down

Enjoy more leisurely day-to-day living. Regardless if you are holidaying away from home or having a stay-cation, slowing down the pace can be very rejuvenating. Create more "slow" food and meals, enjoy longer walks and social connection opportunities. The frenetic pace of administration takes its toll. Doing less and "being" more has numerous health benefits. Make it a vacation wherever you are!

2. Book time for yourself

This might sound crazy but actually scheduling some personal "me" time during your Spring Break guarantees some time that is truly yours to enjoy. It's often hard to break off our patterns of busyness and constant communication given our demanding worklives. Scheduling opportunities to expand our personal space and distilling time can have profound effects on reconnecting with what is important and basking in our own presence. Silence can be golden!

3. Prepare for the final push

As the break draws to an end, put aside some time and develop some insight into what you need this school year to help you finish on a positive note. Whether it's scheduling massage therapy sessions every other week, organizing a TGIF (Thank Goodness It's Friday) gathering with your local peeps, or taking advantage of the longer days and getting in a morning walk before work, establishing activities that help you feel greater "equity" and balance over the final school year stretch can be the difference in finishing well or unwell.

Wishing you all a safe and rejuvenating Spring Break!

Jack MacNeill
President
humanworks consulting group inc.

Jack is a registered clinical counselor and organizational counselor who has worked in the education sector, specifically with teachers and school leaders, for more than 25 years. He is the founder and president of humanworks consulting group inc.

Jack's column will appear in BCPVPA's eNews the first Friday of each month.