



Transitioning to summer holidays

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As the 2019-2020 school year draws to an end, we can shift our focus more towards our family's needs and ourselves. For many, this transition will take some time as we wean ourselves from the adrenaline and mind space devoted to our work lives.

Here are a few simple tips to help improve your transition timeframe and get into holiday-mode sooner!

1. Make outdoor activity a daily companion

By engaging in outdoor daily activity, we gain so many health benefits. One of the most under-rated values is our connection to the here and now. Moving through nature brings our awareness and attention to the present. This is a natural way to leave our work behind and put a hold on our thoughts that get drawn towards our future work engagement. The mornings are the most recommended time to get out and move in nature.

2. Improve your sleep hygiene

As you will all know, sleep can be a very precious commodity! Good sleep quality is not guaranteed if left to chance. One way of improving your recovery from the school year is by being more disciplined around your sleep habits. In previous blogs I have made reference of some good resources. Find your own healthy sleep habits and benefit from the rejuvenating effect of enjoying consistently good sleeps.

3. Be mindful of your commitments

It's easy to keep the train rolling and continue to take on responsibilities and tasks as you leave work behind. We develop habits over the school year, especially when it comes to problem-solving and task management. Pay attention to the commitments you make as you shift away from your administrative role. Be selective and discerning about what you are committing to over your summer holidays.

4. Create some quiet time

I've personally found having a few days of 'silent retreat' after the end of the school year is one of the best means to leave "doing" behind and shifting to "being" with a sense of conclusion and resolve. Create your own "retreat" and afford yourself some quiet time to clear your mind, leave work behind and find some well-deserved tranquility.

Enjoy your well-earned summer break and stay connected to loved ones.

Be well,

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