

Relationships and Self-Care Journaling Exercises

Thank you all for joining in our presentation today! We wanted to leave you with some questions to think about. Set aside a quiet time for yourself to think and write. You can also discuss these questions with a supportive partner or colleague.

There are no wrong answers, and you are free to take or leave any of it.

Approach each question with a mind open to growth and possibility. These are simply designed to get you thinking about the relationships in your life and how you view yourself. A chance to focus on how building up or adding to a positive teamwork environment can be a form of self-care.

Post-Presentation Thoughts

- What was the most important gentle reminder you rediscovered in this presentation?
- What tools spoke to you the most? Which ones would you like to use more?
 - Be an active listener
 - Address and ensure safety
 - Encourage silliness/joy
 - Personalize
 - Other (from breakout session or your own) _____
 - Model appropriate sharing
 - Embrace imperfection and create room for feedback
 - Agree on a plan for how to address concerns
 - Connect through shared, community interests

Those We Admire

- When you think of an influential educator or leader in your life, what traits come to mind? In what ways did/do their authentic, imperfect, and human selves appear in your interactions with them?
- Who do you have quality, authentic relationships with? What feels good about these relationships? What do you look for in your relationships with others?

Your Authentic Self

- What pieces of your authentic self are gifts you bring to your relationships?
- Are there parts of your authentic self you feel you need to suppress or quiet in any way? How does this impact you and your relationships?
- Think about the challenges you have faced in your life. How have those challenges shaped you? In what ways do those challenges influence who you are today?
- What are some of your values and beliefs that guide your life? How do you make meaning? What pieces of these guiding forces can you bring to your workspace that feel appropriate and affirming?

The Space in Which You Work

- Does your current work environment build you up and encourage your growth?
 - If yes, in what ways?
 - If no, what changes do you need? What of those changes are in your control?
- What are the common self-care practices in your office? How do you and your colleagues model self-care for each other? If it is not already, in what ways could self-care become a part of your office culture?

Next Steps

- How can you enhance your self-care practices? How can you care for your inner champion?
- Identify a goal that you feel is realistic to implement, within your work environment, that is intended to improve relationships between colleagues.