



# Reset, Recharge & Reconnect

*Parent Workshop*

# Check Your Battery

How are you currently feeling?

**Feeling great!**  
Keep meeting your needs and practicing self-care.

**Feeling okay.**  
How can you make your day a tiny bit better?

**Struggling.**  
Practice triage. What area of your life is suffering the most right now? Focus on that one area today.

BlessingManifesting



**Feeling good!**  
How can you maintain the levels you're currently at?

**Meh.**  
How can you love on your self today? Be extra kind to yourself.

**I'm empty.**  
Pinpoint what's draining you and try to create a boundary & then do one thing that fills you up.

*Winter Break may give us just the  
opportunity we need to reset*

*... so how do we do it?*

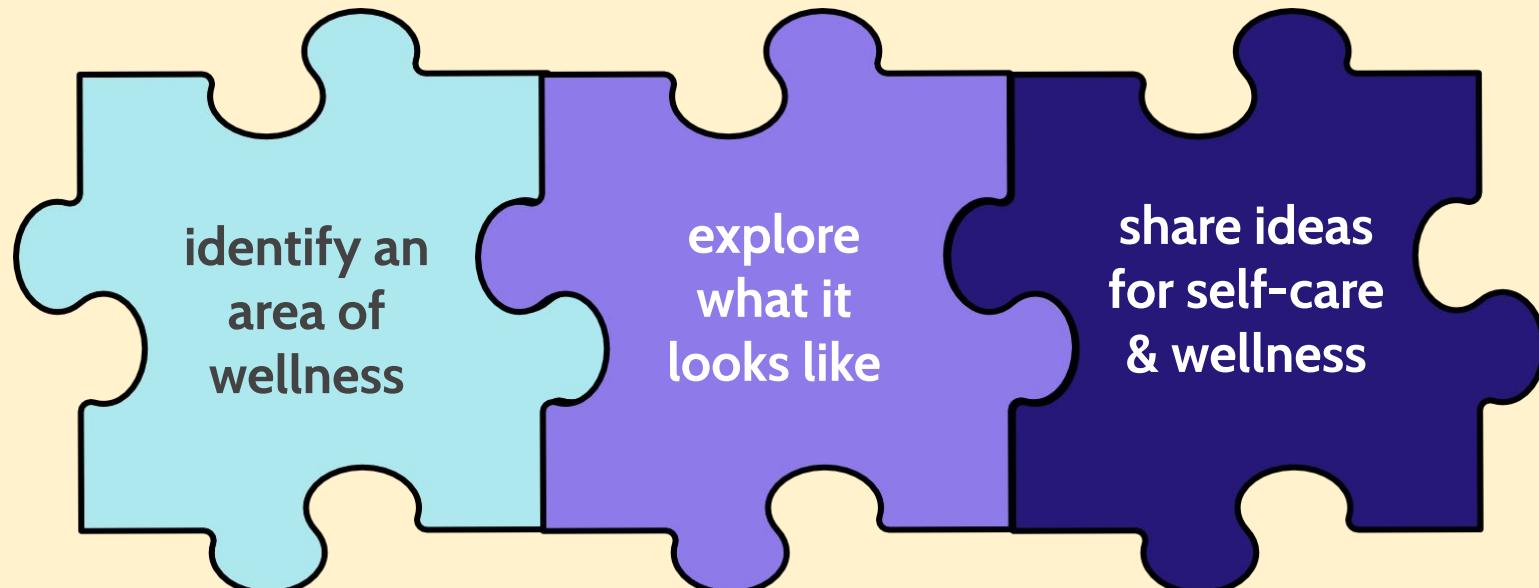


*Understanding what Wellness is, can help us set priorities and goals*





*In this workshop, we will ...*





# Spiritual Wellness:

*Expanding a sense of purpose  
and meaning in life.*



# What does Spiritual Wellness look like?



## Practice Gratitude

Recognizing the things that bring you joy and are grateful for is a great way to recognize your own values.



## Yoga & Meditation

Practicing yoga and meditation can reduce stress as well as emotional and physical strain, and may lead to an improved sense of well-being.



## Mindfulness

Living in the moment can teach you to appreciate the little things in life and help you notice the many pleasures that feed your soul.



## Giving Back

Giving back to others through donating time, money or other resources can provide you with a way to align your values with your actions.



## Faith Community

Your religious faith, values, beliefs, principles and morals may help define your spirituality, by bringing meaning and purpose to your life.



## Self-Acceptance

Being comfortable with who you, and practicing affirmations can help you feel at peace with yourself so that you can focus of being "good enough".



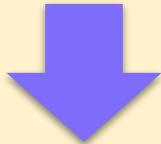
# Give me ideas!



**Gratitude**  
[Grateful App](#)



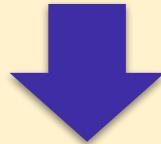
**Meditation  
Mindfulness**  
[Calm App](#)



**Personal Values**  
[To Be Lists](#)



**Volunteering**  
[Links](#)



**Random Acts of  
Kindness**  
[RAKs](#)



## Environmental Wellness:

Good health by occupying pleasant, stimulating environments that support well-being.



# What does Environmental Wellness look like?



## *Gardening Or Being Outdoors:*

Take a walk outdoors. Soak in sunshine and vitamin D. When the weather allows, explore the enjoyment that gardening can bring.



*Home Decor.* Bring the outdoors inside. Decorate your home for the holidays. Organize and declutter your spaces.



*Create a Peaceful Environment* with music and aroma. Use a diffuser with essential oils, candles, incense or any kind of aromatherapy to help create an inviting space.





# Give me ideas!

1

Pick just **one** space (cupboard, closet, drawer) to organize over break. Purging and organizing will feel great ... *and, if you can, donate things you no longer use or need.*

Organize

2

Create succulent gifts for friends this holiday season.

Ex: [How To Make A Succulent Pot](#)  
and a fun project [FHS G&G](#)

Gardening

3

Make a Music Playlist on Spotify, or other music app, that makes you feel good! Share it.

*Or better still make it collaborative with friends!*

Music



# Emotional Wellness:

*Coping effectively with life and creating satisfying relationships.*



# What does Emotional Wellness look like?

## Positive Outlook

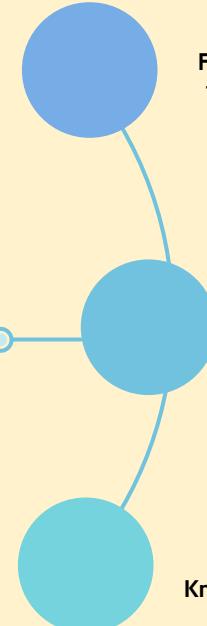
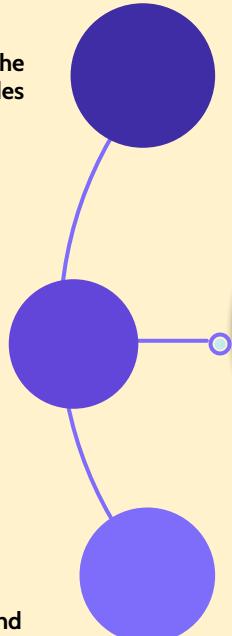
Look at things in a positive light and highlight the good to keep things in perspective. This includes eliminating negative self-talk.

## Stress Reduction

Not all stress is bad: some stress can spark us into action. Learn healthy ways to address “too much” stress.

## Rest & Relaxation

Make “me time” a priority to be present and ready for tackling important responsibilities.



## Seeking Balance

Find work/life balance; manage your time and be fully present in the different realms of your life.

## Coping with Adversity

This year has been challenging. Find healthy ways to cope with loss and adversity

## Accepting Support

Know when to reach out to others for support. Call on your friends and family for help, or seek professional support - you do not have to do it all on your own.



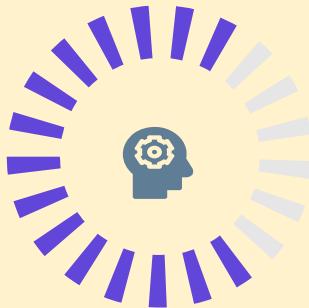
# Give me ideas!



Affirmations



[ThinkUp App](#)



Journaling



Ideas and Journal Prompts  
to reduce stress and anxiety.



Coloring



[Color Therapy App](#)  
[Printable Coloring Pages](#)



Reach out for Support

**Care Solace** can help you connect with a Therapist. Or reach out to one of our **Social Workers** for help accessing community resources.



# Intellectual Wellness:

Recognizing creative abilities and finding ways to expand knowledge and skills



# What does Intellectual Wellness look like?

## Time Management

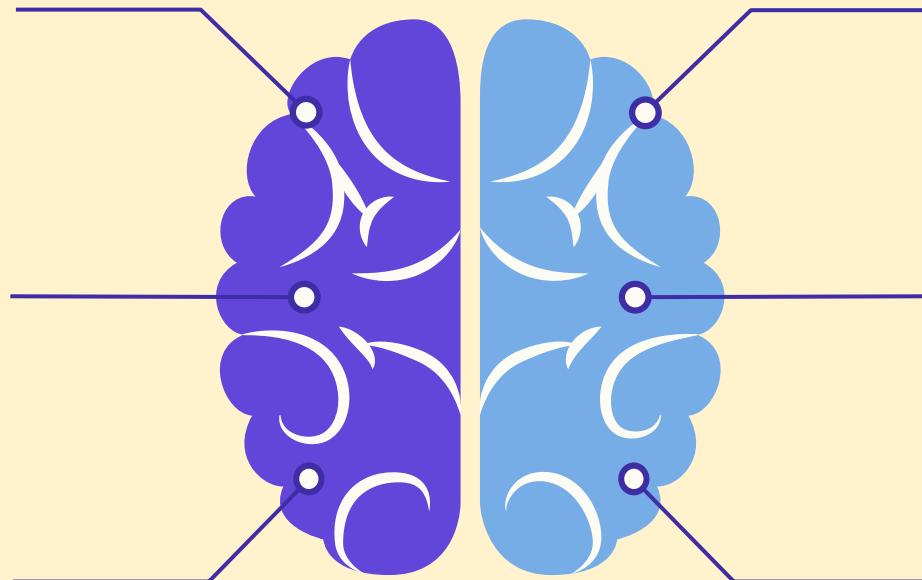
Create a schedule, plan things ahead of time, and make “to do” lists.

## Learn a New Skill

Devote time to learning something you've wanted to or rediscover something you used to love.  
*Playing an instrument. Painting.*

## Share your Ideas

Know how to do something really well? Share your talents and great ideas with others.



## Challenge Yourself

Push yourself to do things you've been putting off, or have been too busy, apprehensive or scared to try.  
*Study a new language.*

## Discover and Explore

Visit new places (virtually) or explore new topics or areas of interest.  
*Read more! YouTube “how tos”.*

## Lifelong Learning

Grow professionally by studying current trends, new ideas and the latest research.



# Give me ideas!



*Create a  
Schedule*



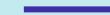
Example

*Creativity  
Online Classes*

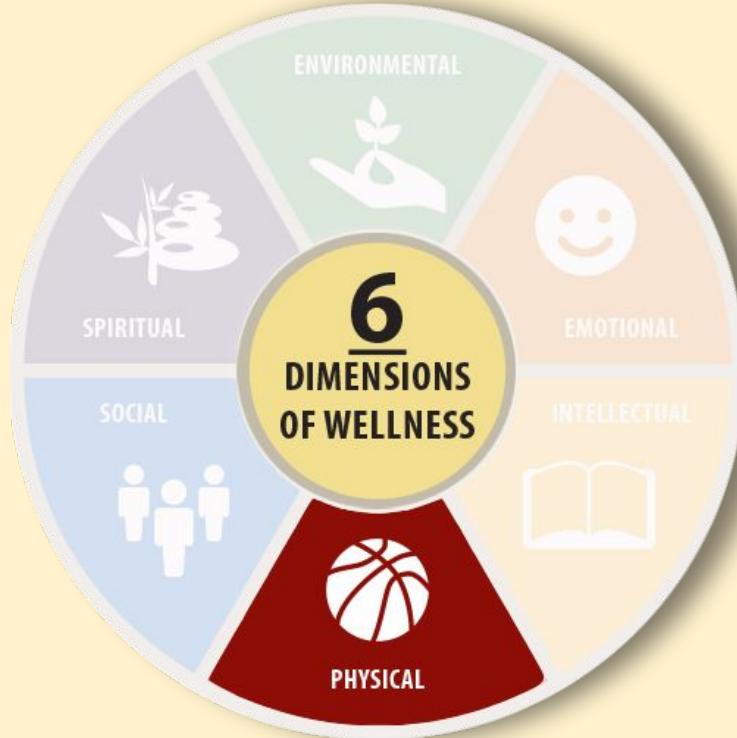
CreativeLive



*Free Online  
Courses*



Free Online  
Courses by  
renowned  
institutions

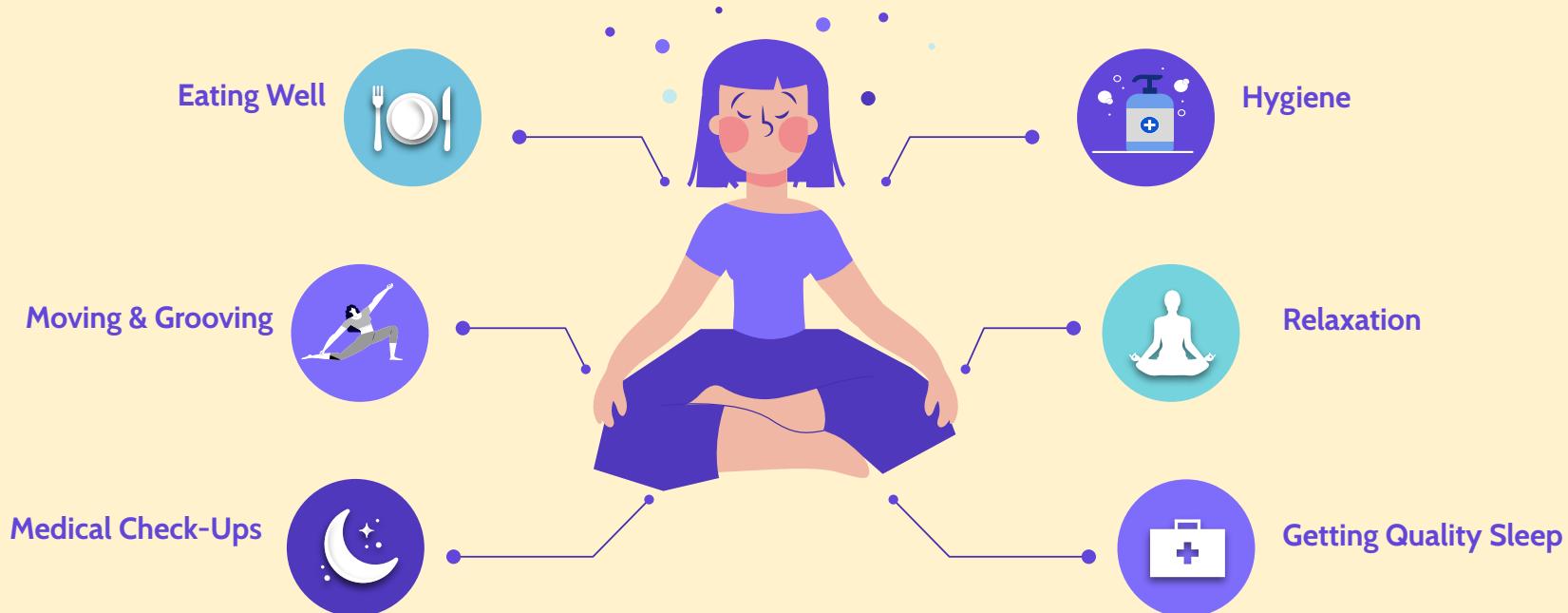


# Physical Wellness:

Recognizing the need for physical activity, healthy foods, and sleep.



# What does Physical Wellness look like?





# Give me ideas!



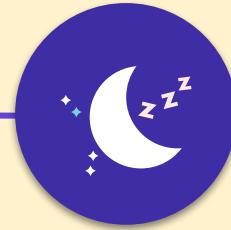
*Take an online  
Fitness class*

[25 Free Live-stream Workouts](#)  
[Free Online Workouts Classes](#)  
[Yoga with Adriene](#)



*Improve your  
Nutrition*

[MyFitnessPal App](#)



*Work on your  
Sleep*

[Calm App](#)  
[Headspace App](#)  
[Pzizz App](#)



# Let's spend a little more time on sleep ...



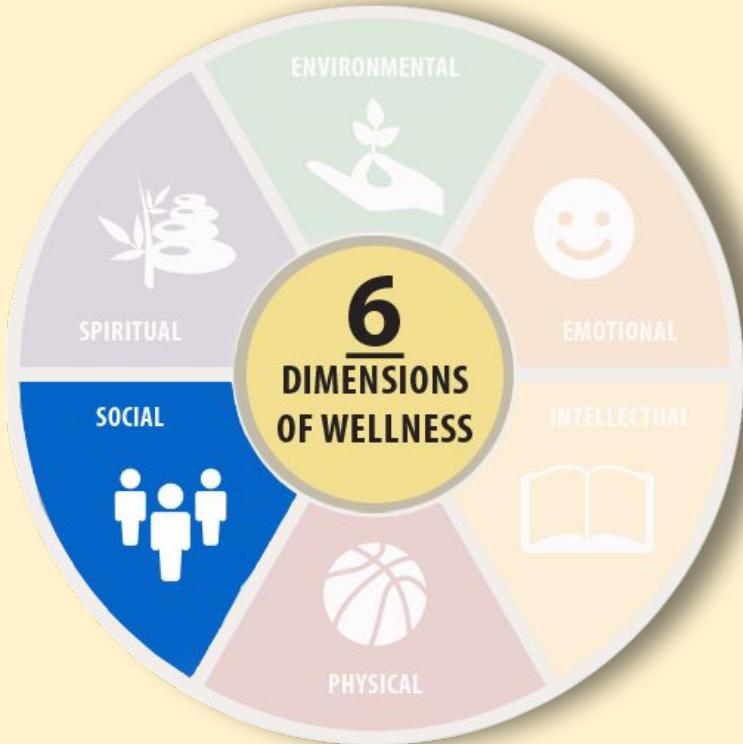
So how much sleep do we really need every night?

Age group	Recommended amount of sleep
Newborns	14 to 17 hours a day
12 months	About 10 hours at night, plus 4 hours of naps
2 years	About 11 to 12 hours at night, plus a 1- to 2-hour afternoon nap
3 to 5 years	10 to 13 hours
6 to 13 years	9 to 11 hours
14 to 17 years	8 to 10 hours
Adults	7 to 9 hours

# *Tips for better sleep ...*

- ★ Optimize bedroom environment:
  - *Keep room dark*
  - *Keep temperature on the cooler side*
  - *Play soothing music before bed*
  - *Use a diffuser with essential oils - like lavender*
  - *Use a white noise machine*
  
- ★ Reduce blue light exposure before bed
- ★ Charge phones/electronics away from your bedside
- ★ Avoid caffeine after 3-4 p.m.
- ★ Avoid late-evening eating
- ★ Take a relaxing bath or shower
- ★ Meditate ([Sleep Meditation 10 min](#))
- ★ Practice progressive relaxation ([Video 6:32 min](#))
- ★ Try to go to sleep and wake up at roughly the same time everyday





## *Social Wellness:*

*Developing a sense of connection, belonging, and a well-developed support system.*



# What does Social Wellness look like?



Having a supportive, collaborative work team.



Participating in online clubs or discussion groups/interest groups.



Having a workout buddy or a community of fitness friends.



Spending quality time with your family and friends. Playing collaborative online games ex: Trivia Night; Zoom 'morning coffee' or 'happy hour'.



Connecting with people via social media to share pictures, stories, events.



# Social Media - a few thoughts ...



*Remember your Digital Footprint* 

Before you post, ask yourself:

1. Does this need to be said?
2. Does this need to be said right now?
3. Does this need to be said by me?

If yes, then ....

How can I *respond*, rather than *react* ?



# Give me ideas!



## Reconnect!

Let's share ideas on what we can do to connect with our own immediate families, and with friends and families that are far away ...

[Padlet](#)

# Additional Resources

[PUSD Wellness Website](#)

[PUSD Wellness - Parent Resources](#)

[PUSD Wellness - Apps](#)

[PUSD Wellness - Wellness and Self-Care for Teens](#)

[Hotlines and Support Information](#)

[Emotional Wellness Toolkit](#)

[Time Management Tips](#)

[Tips for Better Sleep](#)

[17 Of The Best Online Games To Play As A Family](#)

[11 Fun Games to Play on Zoom](#)

[Virtual Museum Tours](#)

fall in love  
with taking care  
of yourself -  
mind, body, and soul

FITLICITY.COM

# Thank you!

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TAKE CARE OF  
YOURSELF  
SO YOU HAVE  
SPACE TO CARE  
FOR OTHERS.

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