

Between Two Moose: Making the *Moose*-t Out of Your Vacation

6 Tips to Recharge and Find Balance

1. Unplug:

Start by turning off your devices for 30 minutes each day and doing something you find relaxing. Over time, you might want to make the sessions longer or integrate them into your daily routine when you're back at work.

2. Structure Professional Development (PD):

If you'd like to use your time off to learn or do PD, structure a set amount of learning time so that it doesn't impede with doing other activities and hobbies.

3. Exercise:

Whether it's going for a walk to get some fresh air or doing some yoga, get those endorphins flowing!

4. Practice Gratitude:

Take time each day to write down 1-3 things that you are thankful for. When you start to feel overwhelmed, you can look back at these lists and celebrate your accomplishments or positive parts of your days.

5. Start a Teaching Journal:

If you don't already keep a teaching journal, digital or a physical, now is a great time to prepare one for the new school year ahead. These notes will be essential in creating future lesson plans. Suggestions for daily reflection:

- write down what worked, what did not work, and why
- ideas for lesson plans
- feedback from students or other teachers
- things to start, stop and continue doing

6. Take a Moment to Breathe:

Try a meditation class during the break to get familiar with mindful breathing, or simply breathe in through the nose to the count of four, hold for one, then breathe out to five.

