

# Self-Care and Employee Wellness

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# Objectives and Goals

1. Understand why self-care and wellness are important for educators
2. Practice deep breathing and mindfulness to relieve stress
3. Identify employee wellness strategies that can be adopted and implemented in schools

# Introduction!

Bewell



# Let's Hear from You!

- Position
- One of your favorite ways to be healthy!



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# Goals

- Share employee wellness ideas and strategies with other district teachers to gauge preference in initiatives.
- Talk to school administrators about feasible steps to emphasize the importance of a sound, employee wellness program that promotes resilience and health and actively fights teacher burnout.

# Current Life Expectancy

Current Life Expectancy

**78 Years**

Life Capacity of Human Body



**92 Years**

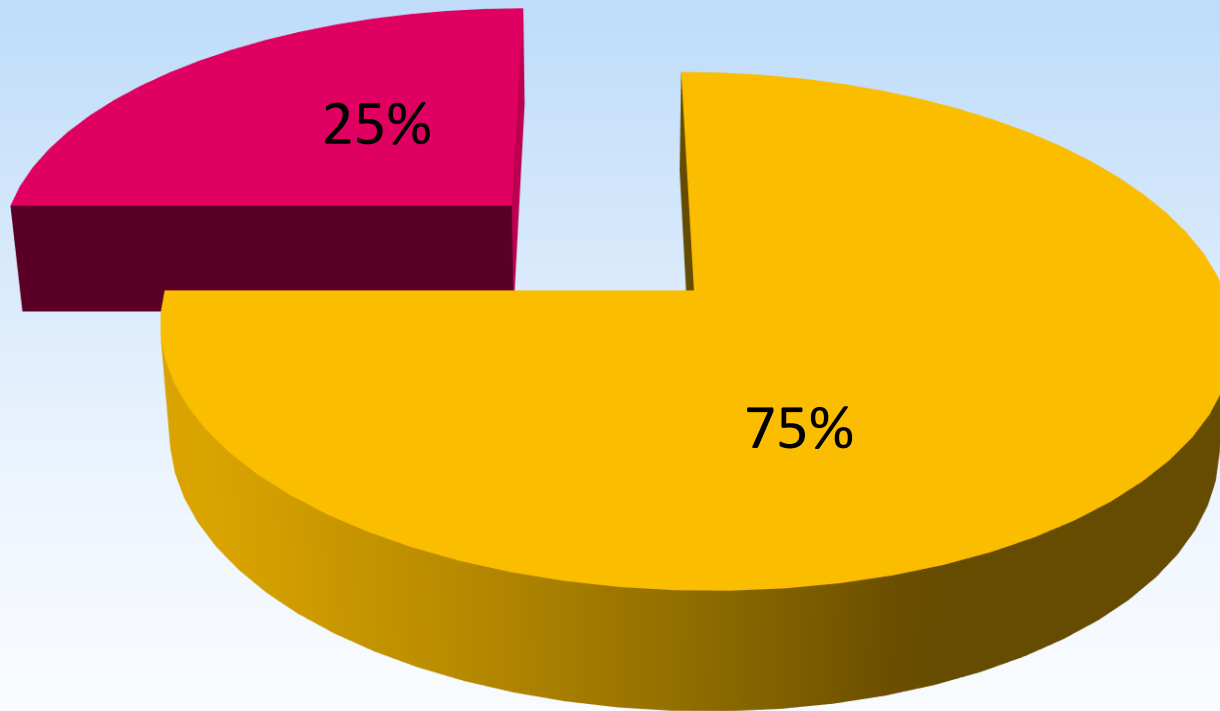
**14 years left on the table**



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# Health

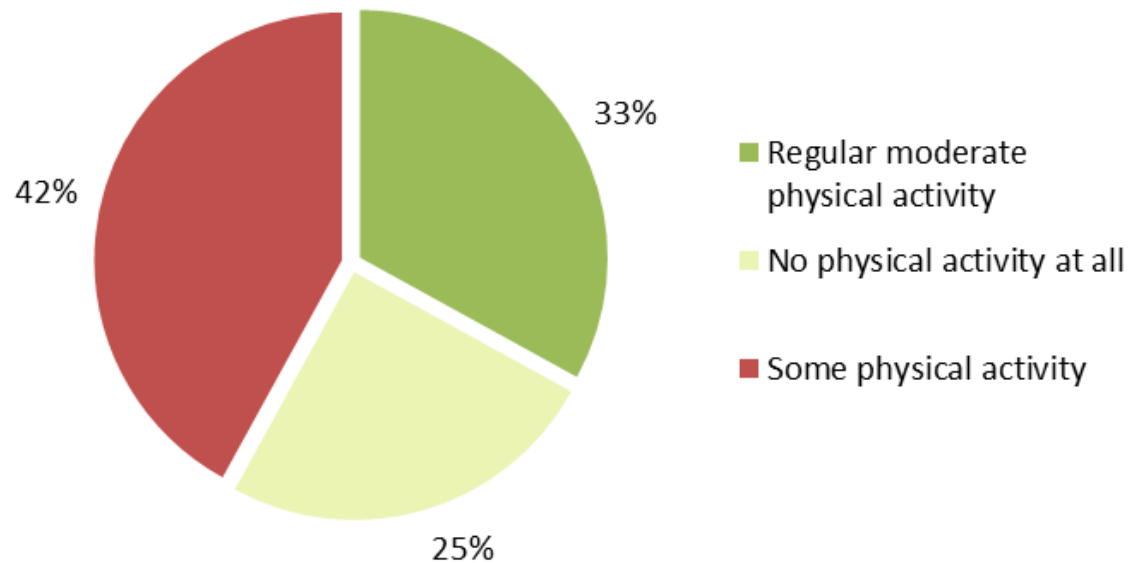
■ Lifestyle ■ Genetics



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# Adults

**Physical Activity Levels among Adults**





# Why?

## Children

- Screen time
- Safe places to play
- Less structured physical activity time
- Passive transportation

## Adults

- Screen time
- Sedentary work environments
- Convenient living
- Passive transportation



# Sedentary Behavior

- High level of sedentary behavior negatively impacts health regardless of:
  - Body weight
  - Diet
  - Physical activity
- Linked to:
  - Higher BMI
  - Poor mental health
  - Low back pain
  - Osteoporosis



# How did we get here?

Cultural shifts over the past 30 years.





# Then



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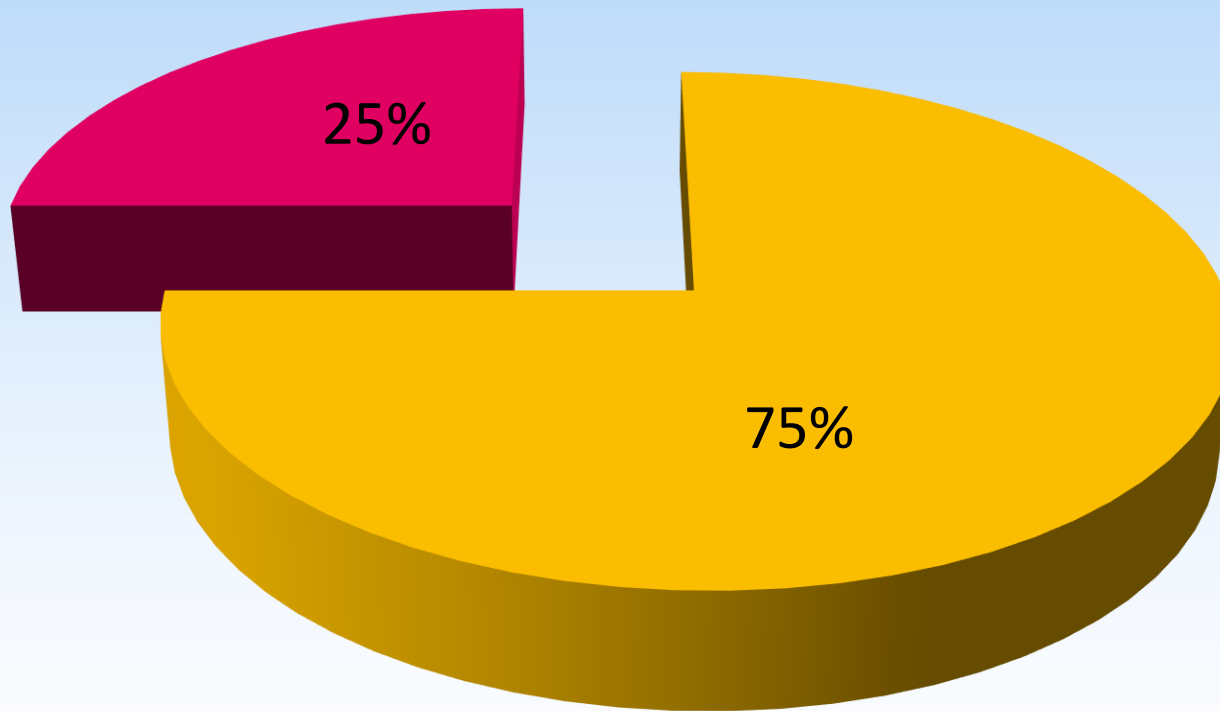
# Now



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# Health

■ Lifestyle ■ Genetics



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# What will the last 10 years of your life look like?



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# Active Break



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# Self-Care



# Blue Zones



“The world’s longest-lived people live in environments that nudge them into more movement....living rewardingly inconvenient lives.”



- Dan Buettner, Blue Zones



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# Blue Zone Background

- Blue Zones are “places in the world where higher percentages of people enjoy remarkably long, full lives.”

- Dan Buettner, Blue Zones

(Yes, living healthy into the 90s and 100-plus years *is* possible!)



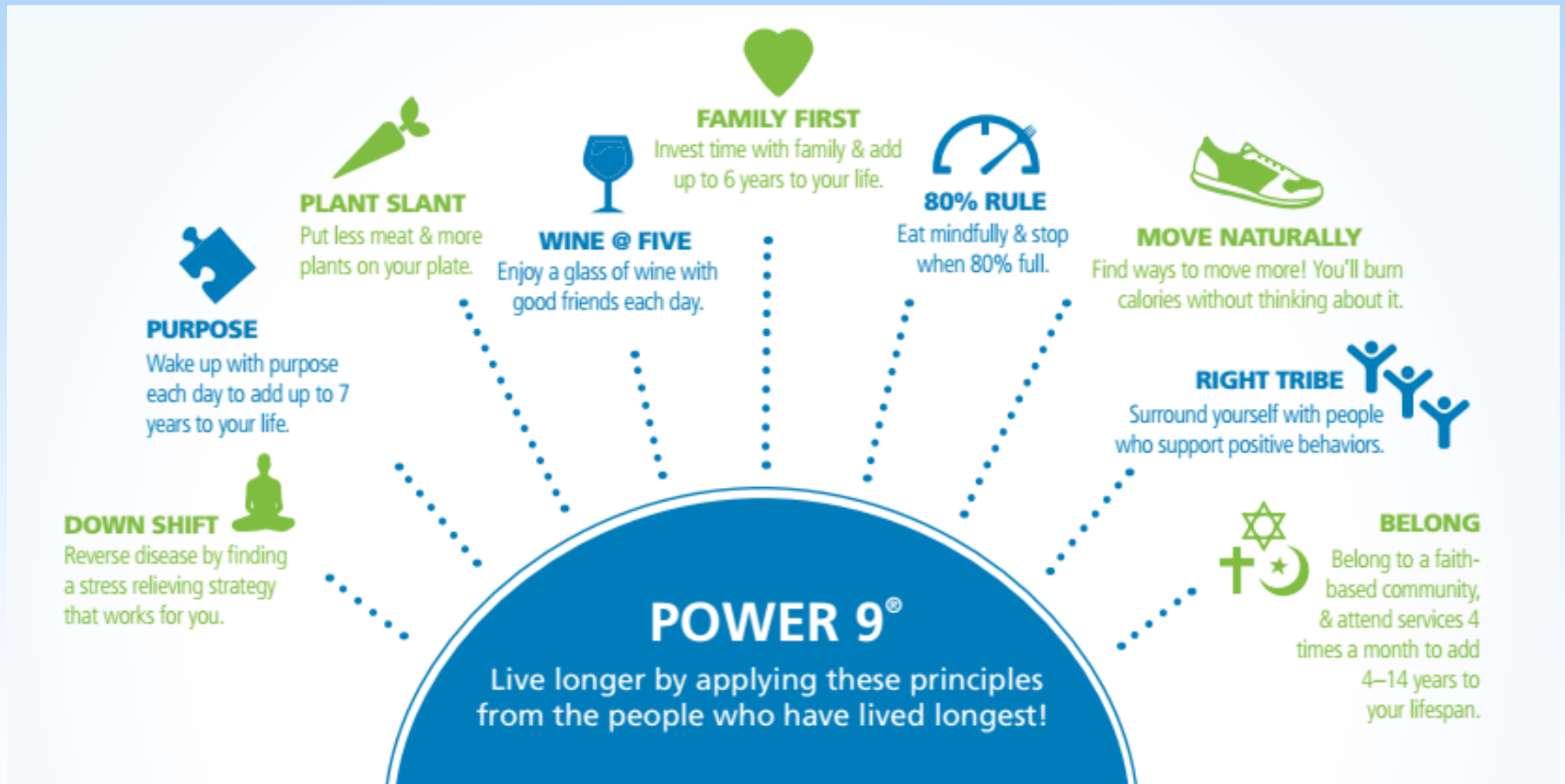
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# Confirmed Blue zones

- 1) Loma Linda, California, USA
- 2) Nicoya Peninsula, Costa Rica
- 3) Ogliastra Region, Sardinia, Italy
- 4) Ikaria, Greece
- 5) Okinawa, Japan



# Around the World



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# Self Regulation

- Our ability to direct our behavior and control our impulses so that we meet certain standards, achieve certain goals, or reach certain ideals
- Value-based action
- Requires mental energy



# Habits

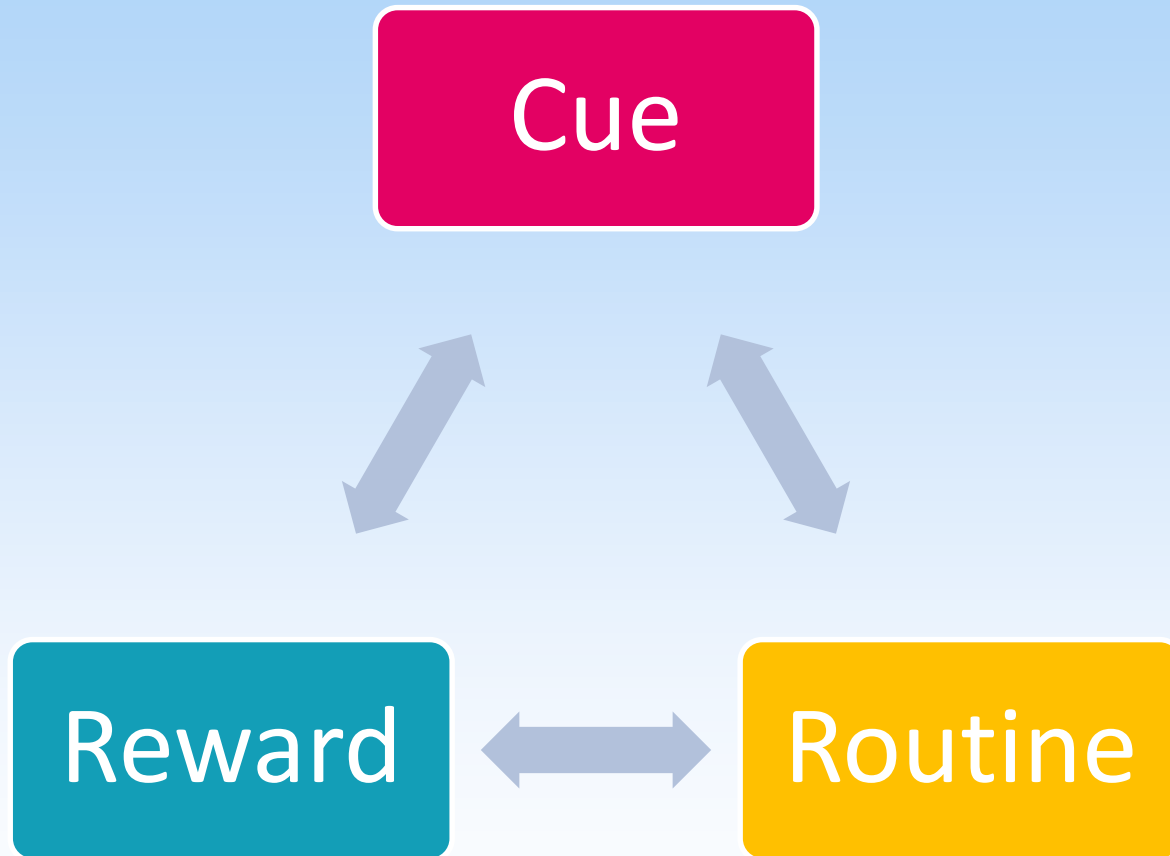
“Any behavior that can be reduced to a routine is one less behavior that we must spend time and energy consciously thinking about and deciding upon”

- 40% of our behavior is repeated in the form of habits
- Shape our present and future

*The Power of Habit: Why We Do What We Do in Life and Business*



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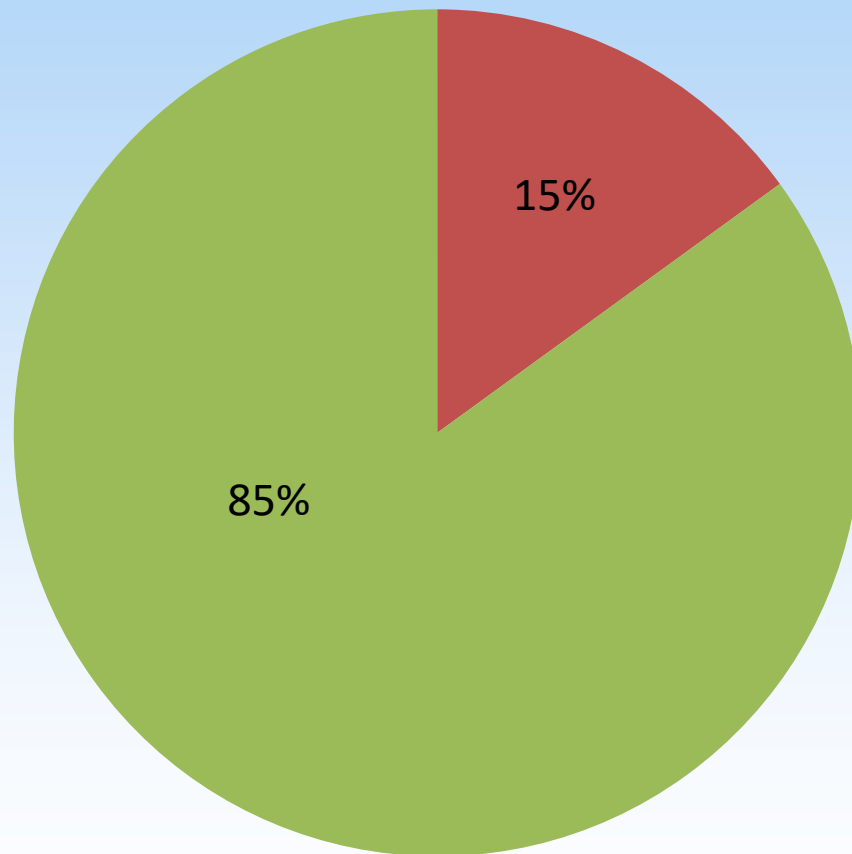




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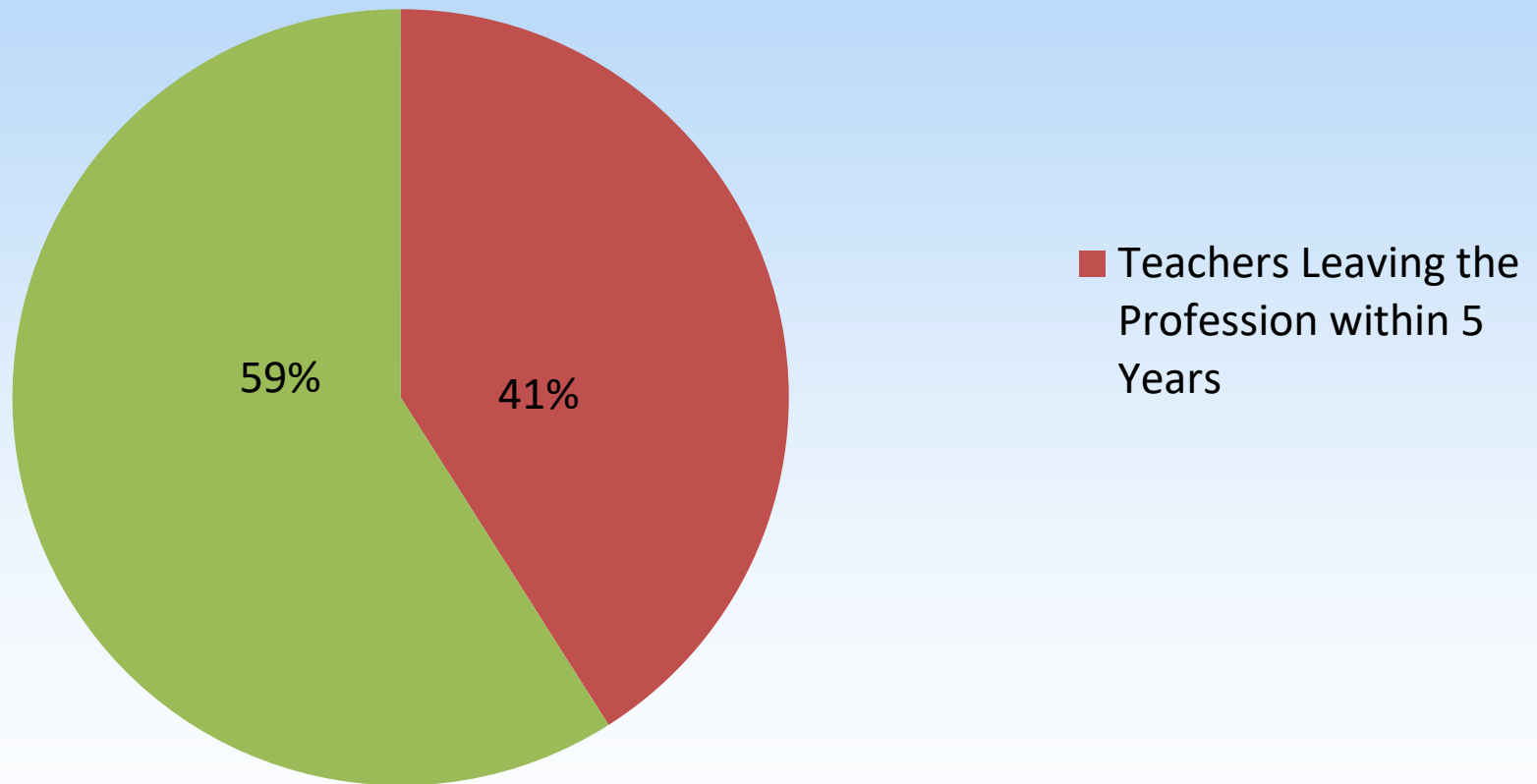
# Active Break

# Teacher Burnout



- Teachers Leaving the Profession per Year
- Teachers Staying in the Profession per Year

# Teacher Attrition within 5 Years of Entering the Profession



# Reasons for Burnout

- Volume
- Environment
- Tedium
- Student Behavior
- Administration
- Community Relations

[https://www.psychologytoday.com/us/blog/much-more-common-core/201611/the-teacher-burnout-epidemic-part-1-2#targetText=About%20half%20a%20million%20\(15,%2C%20and%20Stuckey%2C%202014\).](https://www.psychologytoday.com/us/blog/much-more-common-core/201611/the-teacher-burnout-epidemic-part-1-2#targetText=About%20half%20a%20million%20(15,%2C%20and%20Stuckey%2C%202014).)



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# Finding Solutions

- Keep a gratitude journal
- Meditate with Headspace
- Virtual challenges (Compete with another school!)
  - Walk across America!
  - Drink 8 cups of water a day
- Virtual Birthday parties!
- Create wellness space
- Champion wellness – share resources
- Take active breaks with your students

# Mindful March Mondays

- Teacher-led homeroom breathing/meditation exercise
  - Every Monday in March
- Employee-focused mental health block during the day (administration approval)
  - Could be built into an in-service day
  - Could include mindful breathing, yoga, guided meditation, etc.

# Additional Information

## **Staff and Student Wellness Guide**

Creating Equitable School Systems: A Roadmap for  
Education Leaders — 2020-2021

*July 2020*



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# What's the carrot?



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# Role Modeling



# Questions?





# Thank You!

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