

Creating a Wellness Plan-For Resilience, Persistence and Joy as a Professional Teacher

According to Curry & O'Brien (2012), a wellness plan can help support new teachers with the career transition by strengthening an internal locus of control and instilling a sense of personal accountability for wellness. A wellness plan developed during the teacher preparation program can also help prevent teacher burnout and promote persistence in the profession.

Hattie, Myers and Sweeney (2004) developed a model of wellness based on exploratory factor analysis of more than 100 factors. The authors concluded that physical wellness, essential wellness (gender identity, cultural identity, spirituality), social wellness, creative wellness, and coping wellness all contribute to an overall sense of holistic wellness.

This wellness plan is patterned after Curry & O'Brien's (2012) research. For each of the five categories below, choose 1 central objective and 3 measurable goals. The objective should be written as a central statement that you would like to achieve, while the goals are actionable and measurable steps that you can take, paired with a reasonable timeline.

Sample:

Category- Physical health and nutrition
<i>Objective</i> To maintain a balanced diet and regular exercise.
Goal #1: Cook at home at least five times per week.
Timeline: Beginning August 1 after summer travel. Stop to measure at the end of September.
Goal #2: Exercise three times per week.
Timeline: Begin immediately with walking in neighborhood. Keep track on FitBit.
Goal #3: Make appointment for a wellness check in with doctor.
Timeline: Make appointment now for late November.

References:

Curry, J. & O'Brien, E. (2012). Shifting to a wellness paradigm in teacher education: A promising practice for fostering teacher stress reduction, burnout resilience and promoting retention. *Ethical Human Psychology and Psychiatry*, 14(3): pp. 178-191.

Hattie, J. A., Myers, J. E., & Sweeney, T. J. (2004). A factor structure of wellness: Theory, assessment, analysis, and practice. *Journal of Counseling & Development*, 82(3), 354–364.

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2019/20 Wellness Plan for Year 1 of Teaching

Choose ONE category below and set manageable goals for next year.

If desired, choose a 2nd category as well

Category- Physical health and nutrition
<i>Objective</i> To lose 5-10 pounds in a year minimum (ultimate goal of 30-40 pounds total)
Goal #1: Exercise on the elliptical (or bike ride over the summer when at the cabin and no elliptical access) for a minimum of 3 days a week for at least 15-30 minutes. Timeline: Starting July 1 st upon returning from England (and this next week before leaving). Evaluate at end of July to monitor hip health (secondary goal- make appointment to get Rx for PT or to see orthopedic if increased exercise aggravates hip.)
Goal #2: Pack lunch at least 3 days a week instead of buying from cafeteria. Timeline: Starting in August when school starts up again.
Goal #3: Meal plan and prep ahead for at least 2 meals a week (meals include making enough for at least 1 day of lunch each). Timeline: Starting in July upon return from England and continuing in August and September. (Re-evaluate after September to try to increase to 3 meals a week.)

Category- Leisure/Fun
<i>Objective</i> To qualify for NADAC Agility Championships for 2020 in Open Level by June 30 2020
Goal #1: Work with the dog on training groundwork for a minimum of 15 minutes at least 3 times a week (if longer and running is included or formal agility lesson it also counts as a day of exercise). Timeline: Starting the first week of July after returning from trip to England. (Ideally also this coming week before leaving for England.)
Goal #2: Make time for at least 2 formal agility lessons with Sam (in Stanwood) a month. Timeline: Starting in July but mainly focusing on September when school starts. Evaluating at the end of September to work with Sam on planning October. (Secondary goal/timeline would be to repeat the eval and preplan of the next month at the end of each month.)

Goal #3: Attend at least 1 agility trial a month (when offered) and at least compete in Open Regular and Novice Chances classes. (*NOTE: this will have to combine with professional goal relating to planning ahead and Personal Choice Goal of balance to fit into schedule with work).

Timeline: Starting with the Month of June and continuing through the school year. (Entries in for 1 trial in June, 2 in July, and 1 in August). Evaluate at the end of each month. (Ideally to include trial scheduling as part of preplan for the next month.)

Category- Relationships

Objective

Goal #1

Timeline:

Goal #2

Timeline:

Goal #3

Timeline:

Category-Professional Pursuits

Objective

To maintain a commitment to my students and teaching without burning out over overwork/stress/anxiety.

Goal #1: Not read my emails on the weekends (unless I need to check for student emails but no responding to parent emails on weekends).

Timeline: Starting in August when school starts again for a month. I will reflect and evaluate at the end of September.

Goal #2:

Timeline:

Goal #3

Timeline:

Category-Personal choice
<i>Objective</i> To maintain a balance between work and home
Goal #1: See my counselor at least once a week to continue to build skills for balance stress of work and Josh's illness (keep a skills journal to record skills learned and practice using skills). Timeline: This coming week and continuing through the summer and through the school year (after a 3-week break in June while I am in England).
Goal #2: Spend at least ½ a day of the weekend not doing work and spending time not working with Josh. Timeline: Starting in August when school starts again. Evaluate at end of September to try to work towards 1 day of the weekend for at least 2 weekends a month not doing work (agility weekends are great weekends to do this).
Goal #3 Timeline: