

## 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:

<b>Category- Physical health and nutrition</b>
<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 2<sup>nd</sup> category as well*

<b>Category- Physical health and nutrition</b>
<i>Objective</i> Have a regular exercise routine to stay healthy and have a controlled diet.
Goal #1: Eat a serving of vegetables with every meal  Timeline: start planning meals for the week ahead of time and use a delivery service when necessary
Goal #2 Include a vegetable dish with every dinner  Timeline: While meal planning, ensure there is a healthy vegetable option every night
Goal #3 exercise with cardio two times a week and hike once a week.  Timeline: by June 10 <sup>th</sup> determine the best time for exercise, begin running once a week. By July 15 <sup>th</sup> I would like to swim once a week as well. Hiking is easy when I have time, I need to be more diligent about "When" I'm hiking each week, not "if" I am.

<b>Category- Leisure/Fun</b>
<i>Objective</i>
Goal #1  Timeline:
Goal #2  Timeline:
Goal #3  Timeline:

<b>Category- Relationships</b>
<i>Objective</i>
Goal #1

Timeline:
Goal #2
Timeline:
Goal #3
Timeline:

<b>Category-Professional Pursuits</b>
<i>Objective</i>
Goal #1
Timeline:
Goal #2
Timeline:
Goal #3
Timeline:

<b>Category-Personal choice</b>
<i>Objective</i>
Goal #1
Timeline:
Goal #2
Timeline:
Goal #3
Timeline: