



TEA TIMES

A STEEPING WELLNESS NEWSLETTER

DECEMBER 2020

As educators, the work we do is not easy, and it draws on us physically, mentally and emotionally. To help support your well-being, we invite you to take some time for yourself, know how much you matter, and never feel guilty for taking care of you.

IN THIS EDITION:

- Ideas for healthy snacks all week
- Setting social media boundaries
- Small kindness Sunday
- Steep wellness into your day with students
- Small kindness Sunday

HOLIDAY REMINDER:

You are not obligated to continue holiday traditions that leave you broke, overwhelmed, or tired. 

We can check first quarter off of our list!! Another positive to focus on: Winter break is just around the corner! With this holiday season, there can be a lots of hustle and bustle. To help you stay balanced this season, here are some of our favorite tips:

1. **Give yourself grace.** Things will look different this year- lean into it. Allow this to be a year to let traditions that leave you overwhelmed or tired to cease. Do things that bring you joy and that joy will reverberate onto others. Most of all, know that you are enough.
2. **Tidy Up.** With winter, comes more time inside. There's a lot of research about how clutter can actually have an emotional effect on you. By taking a few minutes before you leave work or before you go to bed to pick up a few things, it can leave you feeling lighter and lead to increased happiness and productivity.
3. **Continue to practice gratitude.** For each negative thought or experience, it takes three positives to neutralize that one negative. By finding things that we're grateful for, it helps magnify the positive and love.
4. **Budget.** Unfortunately, stress and finances can often be synonymous. By building a budget for this holiday season, it will help lower our stress around money. You could also try making gifts this year to save some coin and indulge in the full experience of giving.
5. **Take care of you.** Sleep, exercise and time to rest are most essential to ensuring you have a balanced holiday season. While it may seem helpful to skip meditation today so you can get more done, for example, it will be detrimental to your balance.

We want to emphasize that what you are doing is enough. Take time to take care of you. We believe in you.

From the heart,

Kalise, Pam & Aly



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SOMETIMES WE NEED THE MUSIC - SOMETIMES WE NEED THE LYRICS

What is it about music that makes it so powerful? Nothing like Jo Dee Messina's Greatest Hits to get me through, "A Little Down Time." And yes, I still have her CD. Music really has a way of connecting us, physically and emotionally moving us, giving us strength during difficult times and even inspiring us during adversity.

We you are going through some hard times. As if Covid-19 wasn't enough, racial injustice, election fatigue, and economic uncertainties have many wondering where they can turn for some much needed support. This month, may we suggest music? And not just any music, but songs with lyrics that focus on happiness, hope, resilience and compassion. While we are going to share our Top 12 confidence and empowerment boost playlist with you, we also invite you to create your own playlist!

LINK: <https://tinyurl.com/yxwz28fd> (or click here)



TIPS TO MANAGE ANXIETY

Anxiety this time of year is incredibly common. To help us manage our anxiety, we follow Amy Lewis at Wholly Health Nurse. She focuses on a holistic approach to managing anxiety. A while back, she shared an article with some practical tips and we thought this was a great time to share them:

- Maintain a consistent bedtime
- Get exposure to daylight each day, if possible
- Limit your consumption of news – including social media
- Make to-do lists and focus on what's most important and urgent each day
- To help yourself relax, try slowly and deeply breathing by moving your stomach and keeping your chest still, making sure that your exhale is twice as long as your inhale
- Be kind to yourself, accepting that it is completely normal for our functioning to be compromised during this stressful time

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PAM & BOBBI'S JAM SESSION

Each month, find a fun interview with Pam and Bobbi at the end of our SteepCast (audio version of this newsletter).

This month, join Pam and Bobbi's interview with Michelle Vande Hey from Light of Love Coaching as they talk about how to cope with grief through the holidays. Whether it's grieving the loss of a loved one, missing your children or students

sporting events, or seeing your family during the holidays, we invite you to listen and learn. For more information, you can find Michelle at: michelle@lightoflovecoaching.com www.lightoflovecoaching.com | @michellevandehey (IG) | Live Well with Michelle (FB)

MANTRAS FOR ANXIETY

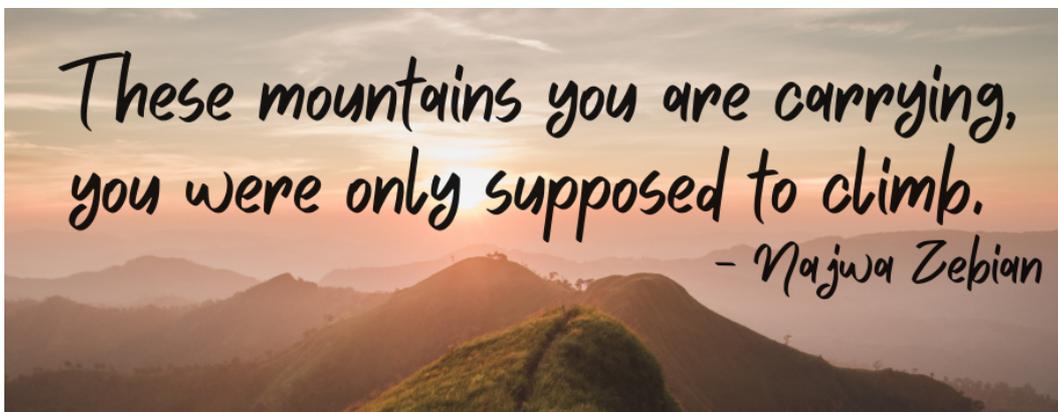
How many of you have experienced your mind hovering in the past or visiting the future causing anxious thoughts or stress-fueled over thinking? Or, you set an intention for the day only to have anxiety sneak in and derail your goals or plans? My question for you is when that anxiety does pop up, like it has a tendency to do, do you have a self-care tool and how do you move through that stressful time?

This month, Steeping Wellness would like to introduce the idea of creating and using an "Anxiety Mantra" in the hopes you will have a tool in your self-care toolkit to make it easier when you need to release your anxiety. A mantra won't be the end-all cure, but it can help you move past your fears and worries. A mantra is one of the most simple, common and powerful techniques used in mindfulness and meditation. It can be one word, an easy to remember phrase or message or even an object you focus on that can be repeated or visualized to help calm, center and steady your mind. Most importantly, your mantra is a reminder that you have felt this way before and you WILL get through it.

Here are a few mantras you can choose from for the next time anxiety strikes and we, of course, welcome you to create your own:

- I give myself permission to let this anxiety go.
- Just for today.
- Breathe in. Breathe out.
- Look how far I've come.
- It's not about you.
- Other people feel this way, too.
- I am enough.
- One Steep at a Time.

And remember, Mantras are for everyone. You just need to believe in your positive, affirmative word or phrase and know the positive vibes you are sending your brain will help ease your anxiety. Tea-lightfully yours, Pam



APPLYING THE TEA TIMES TO STUDENTS

Here are some ways to apply the articles from this month to your students:

- **Welcome note:** End each class by encourage students to tidy up their working spaces and ask them to reflect on three things that they're grateful for today.
- **Sometimes We Need the Music/Lyrics:** One of my favorite ways to create a sense of community in class is to ask students for their favorite, uplifting songs (appropriate, of course). Then, create a classroom playlist and play it as students are joining/leaving class to boost morale and fun!
- **Tips to Manage Anxiety & Mantras:** Speak openly about anxiety. Explore with students what it is and share how you deal with anxiety when you feel it. You can also share some of our tips, adapted depending on the age of students. You could make a project out of developing a mantra by letting students explore phrases that support their mental and emotional health. Give some examples of uplifting phrases, let them choose what works best for them, then allow them to show their creative side by designing their own poster.



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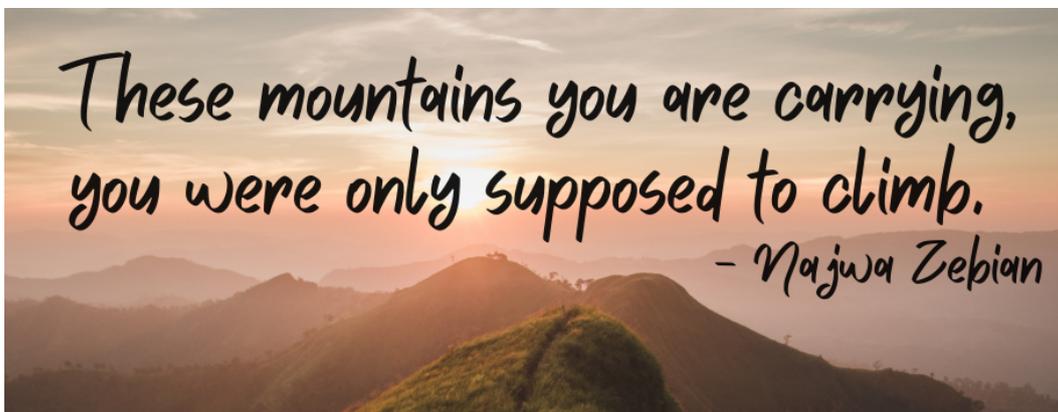
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