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Three Tools to Make This Your Best School Year Yet



e-Book

by

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ReBalance

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Three Tools to Make This Your Best School Year Yet

As we start to head back to school and begin to think of another school year, that feeling of 'here we go again' begins one for time. I bet you anything you're running around right now hitting every teacher store, collecting stuff you could use in your classroom, pinning madly on Pinterest and you are on go, go, go mode! Am I right? Absolutely I'm right because that has been my life for the last 15 years of my teaching career and don't get me started with the state I was in as a principal!

Lazy summer days are almost gone and before you get onto the crazy treadmill that doesn't stop until next June, I want you to **try something different** this year. I want you to try to make your **teacher wellness** a priority and I'm being serious here. If you want to have your best year yet, then self-care is what's it's all about. And you're not alone because I'm here to help you.

I want to share with you 3 tools that you can use right now, every day so you are happier, healthier and have way more joy, peace and ease in your life. A happy teacher is a **thriving teacher** and that's your goal. The three tools you need to achieve this?

Body, Mind and Soul

Three Tools to Make This Your Best School Year Yet

I want you to start viewing your mind, body and soul as tools that will help you get rebalanced, be more productive at school and have less stress and anxiety than ever before. If someone had told me all of this when I was starting out as a teacher, I would have saved myself years of unwanted and unnecessary stress and burden on my body and health. Luckily, I want to support and help you get on the fast track to your best school year yet. Here's what you'll learn:

Mind

Looking after your mind is incredibly important for your teacher wellness. Not looking after and you invite stress, anxiety, depression and negativity affecting your teaching capabilities and your whole life for that matter.

Body

Taking good care of your body isn't just about exercise. It's also about fueling your body with the right nutrients to keep your energy levels high and working for you, and not against you.

Soul

Cultivating a healthy soul, and learning to go within to listen to your inner wisdom on a daily basis is paramount to having clarity and for making good decisions.

All three have to be in balance for you to thrive!

1. MIND

take care of your brain!

- * Identify **stressors**
- * Prune your goals
- * Lighten your calendar
- * Collaborate
- * Breathe

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There are many things you can start doing today to cultivate a healthy mind. Try one or all of these simple tips and strategies that have worked for me, my teachers and my **ReBalance** members over the years. Do what works for you and remember that change doesn't have to be monumental. We are after small mindful tweaks in your classroom, home and life which will pay back huge dividends in the long run.

1. Identify Stressors

Write down your top three stressors at work, home and in your life in general. See if any overlap and more importantly, write down how each stressor makes you feel. By writing these down and identifying the feelings associated with them, you will be able to understand them and recognise them.

2. Prune your Goals

Take a look at the goals you have set your yourself, students, classroom, school, department, PLC, etc. and prioritise them. Are there any you can get rid of? Instead of five smart goals for yourself, how about one or two you can really focus on? Can you chunk goals together? This simple exercise has been very transformative for many of my **ReBalance** members and one you should do asap.

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3. Lighten your calendar

Now that you've pruned your goals, do the same with your calendar. Teachers absolutely love over-scheduling themselves mostly because they feel they have to. Not you! Once again, prioritise the events you have to attend and see if you can drop some you don't need. Try to drop at least one or even one a month, and start noticing the huge changes. Of course it doesn't count if you drop one and add a few more.

4. Collaborate

There are no prizes for doing everything solo. Collaborate with other teachers to get work done such as, curriculum and committee work, planning, event coordination and teaching. The key is finding like-minded teachers who truly collaborate.

5. Breathe

Take a few minutes each day to do some breathing exercises especially first thing in the morning and this will get you in a much calmer state of mind. Try **these** and start changing your life one breath at the time.

2. Body

powering up!

- * Go for **greens**
- * Eat lunch!
- * Drink water
- * Move around
- * Get your Zzz's

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A healthy body is much more than just exercise. It's about nourishing yourself with healthy whole foods that give your body all the right nutrients and energy needed to sustain you throughout the day and beyond. Try these tips and notice how your body will begin to thank you by feeling amazing!

1. Go Greens

A green smoothie is probably the easiest way to flood your body with vitamins, minerals and antioxidants that will transform your skin, hair, mood and body giving you that extra *good* energy buzz you need while you are teaching. So easy to prepare and take on the go, this is my #1 favourite tip that my teachers and ReBalance members do every single day. Start by drinking one large drink a week and work your way up to one a day. Check out [this recipe](#) to get you started.

2. Eat Lunch!

It's a sad fact that many teachers and even administrators don't eat lunch and if they do, it's at the computer, grading papers or on the run in the staff room. Make an effort to find a quiet spot away from gadgets and eat mindfully. Focus on your food, focus on your chewing and be present in the moment. Try this one time a week and work your way up to every day of the week.

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3. Drink Water

Swap the coffee, tea and pop for some good old H₂O. Staying hydrated is key to avoiding headaches, bad breath and lack lustre skin and hair. One of the favourite ways my teachers and **ReBalance** members love to stay hydrated is by drinking fruit infused water. Fill a bottle with some cut up oranges and lemons and add water. Refill as necessary and mix and match your fruits. Healthier than store bought 'vitamin' waters, you just saved some \$\$ to boot!

4. Move Around

Teachers either are standing or sitting down for most of the day. Move around and get some movement happening by using the stairs instead of elevators, walking to and from school if you live close by, power walk around the school field, or even host a sporty after school activity.

5. Get your zzz's

This one is a tough one for teachers but sleeping 7-8 hours per night will make a huge difference in your teaching, energy levels, moods and decision making. Make an effort to try this one or two nights a week and sleep your way to a happier and healthier you.

3. Soul

finding your purpose!

- * Set an **intention**
- * Stay positive
- * Practice gratitude
- * Listen to yourself

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Cultivating a healthy soul is about connecting to your inner wisdom and intuition. From this place you are guided towards your purpose and truth to be nothing but your high self. By strengthening your soul, and your awareness, you become much lighter and miracles do begin to unfold in all areas of your life.

1. Set An Intention

You have the creative power to design your life! Why not begin by consciously setting an intention and writing down how you envision your school year to play out. Be as detailed as possible. Find an activity where you can be with yourself, such as walking or meditating and read or say your intention before releasing it to the Universe. This exercise is one of the most powerful ones I do with my ReBalance members and I suggest you try it for yourself.

2. Stay Positive

Staying positive is a choice we each have every single day. To remain in a positive state of mind, you must surround yourself with like-minded people. Too many times teachers get so caught up in the gossip and negative chit chat and don't realise they just make things worse for themselves by giving their energy towards this. Turn a negative by finding the good and see how your school improves.

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3. Practise Gratitude

The fastest way to making this your best school year is by practicing gratitude each day. When you intentionally make a point of giving thanks for what you have, you attract more good things into your life. Try keeping a gratitude journal and list all that you are grateful for about your work and be as detailed as possible.. Tricky co-workers or situations? Focus on the positives and be grateful for these too. The more grateful you are, the bigger the changes you will see and feel.

4. Listen To yourself

When you listen truthfully to yourself and honor your feelings, you make room for healing, growing and thriving. Try this the next time you're facing a challenging situation.. Find a quiet spot, either first thing in the morning or just before going to sleep and go within to seek guidance and wisdom. Listen carefully and you will get your answer when the moment is right.

When mind, body and soul are balanced, you will be on your way to your best school yet!

Join the Happy Whole Teacher Revolution [HERE](#) for updates and excessive offers

ReBalance

An online program just for teachers

Let me support you this year

I feel very excited to introduce to you my latest program **ReBalance**, an online program for teachers that will bring more peace, ease, and joy to your life (and work)!

ReBalance offers intentional support in the following areas:

💛 relationships ❤️ self-care 🟢 career 💙 wisdom

The **ReBalance** program helps you reflect, transform, and experiment with different techniques and skills so that you thrive throughout the whole school year.

Together we create more balance, wisdom and joy that is sustainable throughout the school year. This enables you to be happier, healthier, and more successful in your classroom, relationships, career, and life.

In **ReBalance**, you finally get what you've been craving: more inspiration, more tools, more support and a rich community of like-minded teachers and educators who are also striving for their best.

"Alejandra not only encourages teachers to implement best practice inside the school, she also supports them to stay healthy and active outside the classroom. By sharing her extensive knowledge about health and wellness, Alejandra helps her peers and colleagues to be their personal best." - Piers M. Grade 5

ReBalance

An online program just for teachers

The **ReBalance FULL** program is available as a **LIVE program** starting every **September** and runs for 10 school months or as a **ReBalance mini self-paced program** that runs for 4 weeks. You choose the support you want and need!

During ReBalance, we will look at a variety of large topics that affect teachers through the lens of mind, body, and soul.

For a taste of what awaits you inside **ReBalance FULL**, click [HERE](#). or **ReBalance MINI**, click [HERE](#).

During ReBalance I will provide time-tested strategies to navigate the stressors that arise as a teacher and person including but not limited to:

- back to school overwhelm
- classroom set-up
- finding your teaching groove
- establishing routines in the classroom
- student assessments
- navigating co-worker relationships
- formal observations
- report card writing
- conferences with parents
- prepping for holidays

Any of these sound familiar?

"Alejandra is an inspiration. She is a talented educator and works hard to ensure the wellbeing of the entire community and school. She does this not only with her positivity and experience, but through her approach to healthy living. Working with Alejandra is a very rewarding and transforming experience!" - Jennifer N. HPS Art

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An online program just for teachers

ReBalance FULL is only offered once a year, at the start of school. We dive in for 10 months of support and guidance, for our most successful year, yet! There is nothing like ReBalance ANYWHERE, so I invite you to be part of this wellness movement and revolution that is so needed in education right now.

ReBalance MINI is available to you anytime you need it and **your investment in MiINI counts toward your full ReBalance membership** whenever you're ready to upgrade. It's like a down payment towards your wellness. And that's pretty sweet. Get support and guidance, for your most successful year, yet! Don't miss this opportunity, click below and enroll today!

For more information about the ReBalance Program, click [HERE](#)



If you're ready to have your most amazing school year,
let's begin shall we?

Alejandra

Visit our FAQ section [HERE](#)

THANK YOU

**Catch you over at
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