

Burn Balanced; not out



Your mental health and well-being are invisible and invaluable elements of the classroom and school setting. The light you cast -- your presence, your energy -- is not only your most important personal asset, it is your greatest instrument of professional impact.

In an epidemic of burnout, it is critically important to collectively examine the origins of burnout while we explore the origins and expressions of mental health and well-being for teachers, educational staff, and school leaders.

Core to mental health is the awareness that health is not the absence of illness, and that "balance" is a state in which opposing forces on an object are harmonized to reach equilibrium. Mental health and well-being are by-products of your innate capacity to metabolize stress and pressure into moments that strengthen and express cognitive clarity, emotional intelligence, self-knowledge, physical wellbeing, and relational resonance (being in-tune with another).



In this highly experiential session, we will explore brain and body-based research and practices that show you how to regain, maintain, and sustain balance in your cognitive, emotional, self, physical, and relational health competencies amidst the primary stressors that drive burnout.

You will learn about the 5 core elements of mental health, the 7 primary stressors that drive burnout if left unprocessed, the 3 primary manifestations of burnout, how to read your body's stress reaction signals, and how to efficiently regain balance, restore energy, and revitalize your core elements of mental health.

Together we will engage the 3 R's of Burning Balanced:



REST | Engage (2) trauma-informed, body-centered relaxation practices that you can instantly use during a moment of stress to soothe your physical body's reaction, relax your mind, and regain perspective.



RESTORATION | Metabolize a trigger through a 4 step process that promotes cognitive clarity, asset-based perspective taking, and value-centered actions that empower you to respond (vs. react).



REVITALIZATION | Create healthy boundaries that respect your core assets (your time, attention, energy) and protect your Essential Nature (your inner peace and harmony) in relationship-based callings.

