

Bonnie Lipton 10/21/2024 ↻

# Socio-ecological model strategies

## Self-Care

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↻ HONEST FINCH 10/22/24 2:31PM

Going to the gym to relieve stressors from the day

♡ 1 🗨 0

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↻ CREATIVE ANT 10/22/24 2:31PM

Taking time to pack thoughtful lunches and snacks.

♡ 1 🗨 0

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↻ SUPPORTIVE FIREFLY 10/22/24 2:32PM

-setting boundaries, showing gratitude towards myself and others  
-spending time outside in nature

♡ 1 🗨 0

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↻ RELIABLE BEAR 10/22/24 2:32PM

create something! Draw, paint, knit, clay

♡ 1 🗨 0

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↻ COURTEOUS CATERPILLAR 10/22/24 2:32PM

### Self- Care

Giving yourself grace when things don't go the way you had anticipated

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↻ ANONYMOUS PORCUPINE 10/22/24 2:32PM

**breathing and listening to music afterwork on way home**

♡ 1 🗨 0

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⇒ SUPPORTIVE BAT 10/22/24 2:32PM

**cleaning and decluttering**

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⇒ ANONYMOUS 10/22/24 2:32PM

**Listening to audiobooks or podcasts while doing the dishes and/or doing my laundry**

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⇒ ANONYMOUS OSTRICH 10/22/24 2:32PM

getting out into nature for a walk after school

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⇒ SHY DUCK 10/22/24 2:32PM

**Biking, going out with friends, live music**

♡ 1 🗲 0

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⇒ BENEVOLENT HUMMINGBIRD 10/22/24 2:32PM

**Self-Care**

Take time for lunch with colleagues

♡ 1 🗲 0

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⇒ STUDIOUS OTTER 10/22/24 2:33PM

Reading!

♡ 1 🗲 0

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⇒ GRATEFUL KOI 10/22/24 2:34PM

yoga  
yoga breathing  
taking a walk  
spending time with a pet  
taking a moment to step away  
spending time with a favorite person  
family time

♡ 1 🗲 0

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⇒ OPTIMISTIC BISON 10/22/24 2:34PM

**Taking dog for walk/cuddling with cats**

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## Support From and Supporting Others

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⇒ HONEST FINCH 10/22/24 2:31PM  
acknowledgement of a good job  
♥ 3 🗨 0

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⇒ ANONYMOUS OSTRICH 10/22/24 2:31PM  
**supporting others**  
Using texts, emails, notes to tell  
others why we appreciate them  
♥ 2 🗨 0

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⇒ HONEST FINCH 10/22/24 2:31PM  
a simple thank you  
♥ 2 🗨 0

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⇒ STUDIOUS OTTER 10/22/24 2:32PM  
Students help interview staff member  
to highlight them on our website  
♥ 1 🗨 0

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⇒ RELIABLE BEAR 10/22/24 2:32PM  
Check ins. Group chat with team  
♥ 1 🗨 0

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⇒ SUPPORTIVE FIREFLY 10/22/24 2:32PM  
-saying thank you to others  
-recognizing kindness in others  
-asking for help  
♥ 1 🗨 0

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⇒ ANONYMOUS PORCUPINE 10/22/24 2:33PM  
**complimenting others to  
a group in front of them**  
♥ 1 🗨 0

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⇒ COURTEOUS CATERPILLAR 10/22/24 2:33PM  
Spending time with co-workers  
outside of the school setting

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⇌ BENEVOLENT HUMMINGBIRD 10/22/24 2:33PM

**Occasional "Fun Fridays" where all staff can meet after school**

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⇌ SHY DUCK 10/22/24 2:34PM

**Checking in with staff periodically who have stressors in the classroom or outside of school.**

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⇌ RELIABLE BEAR 10/22/24 2:34PM

Shared planning

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⇌ GRATEFUL KOI 10/22/24 2:34PM

give chocolate  
send a note  
tell them you appreciate them  
ask what they need

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## Supportive Environments

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⇌ STUDIOUS OTTER 10/22/24 2:31PM

**Staff Shout Out Board**

We have a board in the cafeteria with a pocket that has sticky notes and pens/pencils. Staff and students are encouraged to tag a staff person in the school who they want to "shout out" - periodically we may read some over the announcements

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⇌ OPTIMISTIC BISON 10/22/24 2:32PM

**Advocating for diversity, equity and inclusion at every level so everyone's voice feels valued and heard**

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⇒ HONEST FINCH 10/22/24 2:33PM

go into everything with an open mind and be willing to hear people for their differences

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⇒ CREATIVE ANT 10/22/24 2:33PM

Recognizing that everyone has tough days sometimes and allowing space for missteps while offering some extra help or support to carry them through.

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⇒ SHY DUCK 10/22/24 2:33PM

**Activities with other staff outside of school hours**

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⇒ ANONYMOUS PORCUPINE 10/22/24 2:33PM

**Openly discuss what you need for support without fear of ridicule**

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⇒ COURTEOUS CATERPILLAR 10/22/24 2:33PM

Trusting that everyone is truly trying to do their best and has the best of intentions

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⇒ ANONYMOUS OSTRICH 10/22/24 2:33PM

Some staff members do activities after school to enjoy time together, and always make sure all are welcome and invited (such as pickle ball or book clubs)

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⇒ HONEST FINCH 10/22/24 2:33PM

allow others the time they need to get to a place you may be. everyone works at a different pace and we should be mindful of that

♡ 2 🗨 0

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⇒ OPTIMISTIC BISON 10/22/24 2:33PM

**Encourage constructive feedback from coworkers, even if it's hard to hear (esp. for leadership!)**

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⇒ RELIABLE BEAR 10/22/24 2:34PM

Offer Non-work based, optional activities like staff book group

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⇒ SUPPORTIVE FIREFLY 10/22/24 2:34PM

-having open communication with others about positives, as well as challenges, that might face us each day

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⇒ SUPPORTIVE BAT 10/22/24 2:34PM

**Encouraging others to take a break : walk on their break, not take work home, go home on the early side, etc**

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⇒ SUPPORTIVE FIREFLY 10/22/24 2:34PM

-getting to know colleagues outside of work environment

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⇒ BENEVOLENT HUMMINGBIRD 10/22/24 2:35PM

Getting input from staff regarding their ideas of "school spirit"

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