

Reflecting, Pausing, Refreshing, and Reconnecting: A Template for Wellness and Wellbeing

Preparing to transition from work to home...

For many educators, the end of the school year can be a hectic and overwhelming transition. Some things to ask yourself:

- What went well, what could be better?
- What can you do to take care of your needs?
- How can you disconnect from the work?



This video addresses the need for Reflection, a firm Pause, a plan for Refreshment, and successful Reconnection. The goal is to develop and apply a meaningful plan for the summer break.

Access Passcode: Refresh2022!

