



# HOW TO PRESS PAUSE AND FOCUS ON YOURSELF



## REST

- Make time to decompress
- Set Boundaries
- Say No
- Breathe!

**BOX BREATHING EXERCISE** - practice this mindful breathing technique next time you need to pause and reset.

1. Inhale through your nose for a count of four (1, 2, 3, 4)
2. Hold your breath for a count of four (1, 2, 3, 4)
3. Exhale through your mouth for a count of four (1, 2, 3, 4)
4. Pause and hold for a count of four (1, 2, 3, 4)
5. Repeat

## REFLECT

- Review your accomplishments
- Acknowledge what you have learnt
- Take stock, in service of building your resilience for the future

## RESET – LOOK FORWARD AND G.R.O.W

- Great** – Acknowledge and highlight (write down) what's great about YOU and, what's great about your school
- Review** – Identify the areas in which you want to develop and learn
- Opportunities** – Recognise the opportunities for yourself, your department and the school community as a whole
- World** – Set goals for yourself and your school community

## REMEMBER

- Be kind to yourself
- Develop and maintain boundaries
- Focus on what's in your control
- Acknowledge and celebrate your wins
- Look for opportunities to learn and innovate

