

Identify Your Self Nourishing Acts

Self-Nourishing Acts (SNAs) are activities that help you to recalibrate, relax and renew your energy and experience pleasure in your life. In last week's Happy School article Emma Waters shared her list of Self Nourishing Acts.

Recent research suggests that many teachers, leaders and other staff who work in schools work flat out during the term and then fall in a heap, exhausted as soon as the school holidays arrive. To preserve our health and well-being we would benefit from scheduling regular SNAs rather than waiting until the holidays to recharge. The following is a list intended to help you identify your SNAs. It isn't exhaustive but is intended to prompt.

Exercise

- Walk
 - Beach
 - Bush
 - River
 - Dog
- Run
- Gym
- Bike ride
- Yoga / Pilates
- Play a team sport
- Golf
- Tennis
- Stretch
- Other _____

Other

- Listen
 - pod cast
 - music playlist
 - audio book
- Hang out
 - with friends
 - with partner
 - with family
 - with pet
- Phone a friend
- Café Coffee
- Gardening
- Veggie patch
- Plan a holiday
- Make a bucket list
- Plan a date night
- Cook
 - Meals in advance
 - Favourite meal
 - Bake
 - New recipe
 - Masterchef meal
- Watch
 - Favourite TV show
 - Binge watch a series
 - Movie
 - Sport
 - Inspiring TED talk
- Volunteer
- Help someone out
- Journal
- Write
- Shop
 - something for you
 - gifts
- Declutter
 - House
 - Wardrobe
 - Desk
 - Shed
- Learn something new *(not related to school)*
 - Take a course online
 - Watch a YouTube clip
 - Google it

**Happiness is not something ready made.
It comes from your own actions.**

Dalai Lama

Hobbies

- Craft *eg scrap booking, calligraphy*
- Handicraft *eg knit, crochet*
- Paint or draw
- Play an instrument
- Photography
- Crossword puzzle or sudoku
- Other _____

Self-Care

- Hair cut
- Manicure
- Facial
- Day Spa
- Bath
- Nap
- Meditate
- Moisturize
- Massage
- Gratitude list
- Face mask
- Digital detox
- Diffuse essential oils

Key points

Self Nourishing Acts help you to recalibrate and relax.

SNAs are personal.

SNAs should be things you love to do and make you feel good after.

Identify the activities that allow you to disconnect and refresh.

Try to schedule your SNAs into your regular weeks instead of waiting for the holidays.



Steve Francis MScM, BEd, DipT

Steve is an expert in school leadership and work-life satisfaction. Steve was a Principal for 20 years and is the author of four books, 'Time Management For Teachers', 'A Gr8 Life...Live it Now!', 'First Semester Can Make or Break You!' and 'Attitude is Everything'. Steve lives in Brisbane with his wife and family but works with school leaders and staff in schools across Australia and internationally.

www.SteveFrancis.net.au