

Safety Corner

Master Resiliency.

As the days get shorter and the reality of the summer coming to an end sinks in many of us can become overwhelmed and distracted. It seems we are caught in a whirlwind of back-to-school activities and competing priorities: new administrators, back to school night, IEPs, common core, mandatory training, changing schedules and a million other things. Keeping the situation under control by staying calm and grounded can be accomplished by taking care of yourself both physically and emotionally. Here are a few key tips to maintaining resiliency... and safety:

Make sure you get enough sleep. According to the National Institute of Health adults need 7-8 hours of sleep per night. In a study they conducted 30% of adults slept less than 6 hours per night! Things you can do: Go to bed and get up at the same time each day. No large meals before bedtime and also avoid caffeine, alcohol, and nicotine.

Eat right. This one is simple: Go to www.choosemyplate.com and print out the "10 Tips". Place it on your refrigerator at home, and talk to your family about it too.

Prioritize. Americans are workaholics, and those working in education often put in incredible hours. One good way to prioritize is to categorize things on your list into three groups: *1. Must do. 2. Do if possible. 3. Don't do.* Making a conscious decision not to do something is better than pretending you will get to it and always feeling frustrated for not getting it done.

Save some time for yourself and your family. The best way to relax and recharge is to spend time with those you love. Try to leave your work at work; your family will appreciate the extra time you spend with them. Remember that the things you leave on your desk will still be there in the morning but the time sacrificed with your family will be gone forever.

For any training questions including requests for onsite classes, please contact Kurt Walling, the Loss Prevention Manager for STSIG at kwalling@stsig.org, or 530-221-6444.

And remember: Stay Alert, Stay Alive!