Call To Action

- As a wellness team, you will create a CUE for ALL STAFF members
  (something they can place on their desk – cue card, postcard, picture frame, etc.)
- ***The CUE is: Self-Care Works***
- Request (from your principal) 10-15 minute in the January Staff Meeting
- Present a smaller version of this presentation: Self-Care Works
- Give each teacher their CUE!
- Invite them to: ***PUT ON THE MASK, FIRST!***
- Then report back to the Wellness Team at the Board!
- @DPCDSBShools @DPwellness4all @mtclife
- #selfcareworks2025 #mtclife

Call To Action (presentation)

1. Rat experiment
2. How habit is built:
   - Cue, Routine, Reward
3. Airplane instruction:
   - Self-Care means putting on the mask, first.
   - Self-Care needs to be a priority and a habit
4. You are going to ***Give & Invite***:
   - Cue
   - Self-care ideas (Mind, Body, Spirit)
   - 40 Energizers (quick stress releasers)
   - Invite everyone to Self-Care – make it a priority


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