



### Advice From the Ranks – An Experienced Teacher’s Tips for Resilience

Do you?

- *Go like crazy and then crash.*
- *Work extra hard and then need to recover.*
- *Feel like you work in great cycles of intensity and recovery*

Often we let our work cycles run our life. We often are reactive, responding to the work rather than being in control of it. A very experienced teacher provided some wise advice about how to stay resilient and how to not feel like you have to work excessively hard and then need a recovery period.

1. Get a good quality sleep each night and try not to survive on little sleep. Make it a routine.
2. Involve yourself in a regular routine of exercise. Get and stay as fit as you can.
3. Organize your work so that you have a regulated amount each day rather than periods with a large amount one day and nothing the next.
4. Take breaks during the day so that you regulate your energy. Don’t go too long without a true time to rest.
5. Be firm about your work boundaries. Try not to take work home. Let home be for rest and your personal life.
6. Make sure you do that what you are passionate about. In our daily work, often we have to do some work that is not our “passion” but has to be done. It is essential, however, to do some work everyday that you feel strongly about.
7. Have fun. Try your best to invoke some fun everyday in your life at work. Try to find a way to laugh and enjoy others.
8. Have a life outside of work. Make sure you have a hobby that brings you great satisfaction. Develop friends and nurture those relationships.

This advice involves you being assertive about your work life. All of the steps above reflect your ability to take charge of your work volume and intensity as well as your personal life including your sleep, fitness, family, friends, and hobbies.

Take a moment to map out how you work each day and see where you can truly make a change for the better. It is likely that you have more control than you think. Taking control is quite liberating. Of course, making habitual changes is the hard part. Try one thing at a time. You’ll be better off.