



Take control of taking control

"What are your expectations for the first day of school after the Covid-19 lockdown?"

Are you expecting a whole new way of being a teacher?

Are you expecting it to be confusing and difficult to adapt to the new sanitation and social distancing best practices?

Are you concerned about how the learners will react and adhere to the rules?

And whether you will be able to effectively teach while wearing a mask?

Are you feeling out of control?

These are all legitimate and real concerns.

Living and teaching through a pandemic is all new to us. We have nothing to refer to in our personal or professional memory-archives to guide us through this. You are defining a new role as teacher as you go along without knowing exactly where you are headed.

It is never easy being a teacher, and now it is even more challenging.

However, what we have to guard against however is to catastrophize and viewing a situation as considerably worse than it actually is.

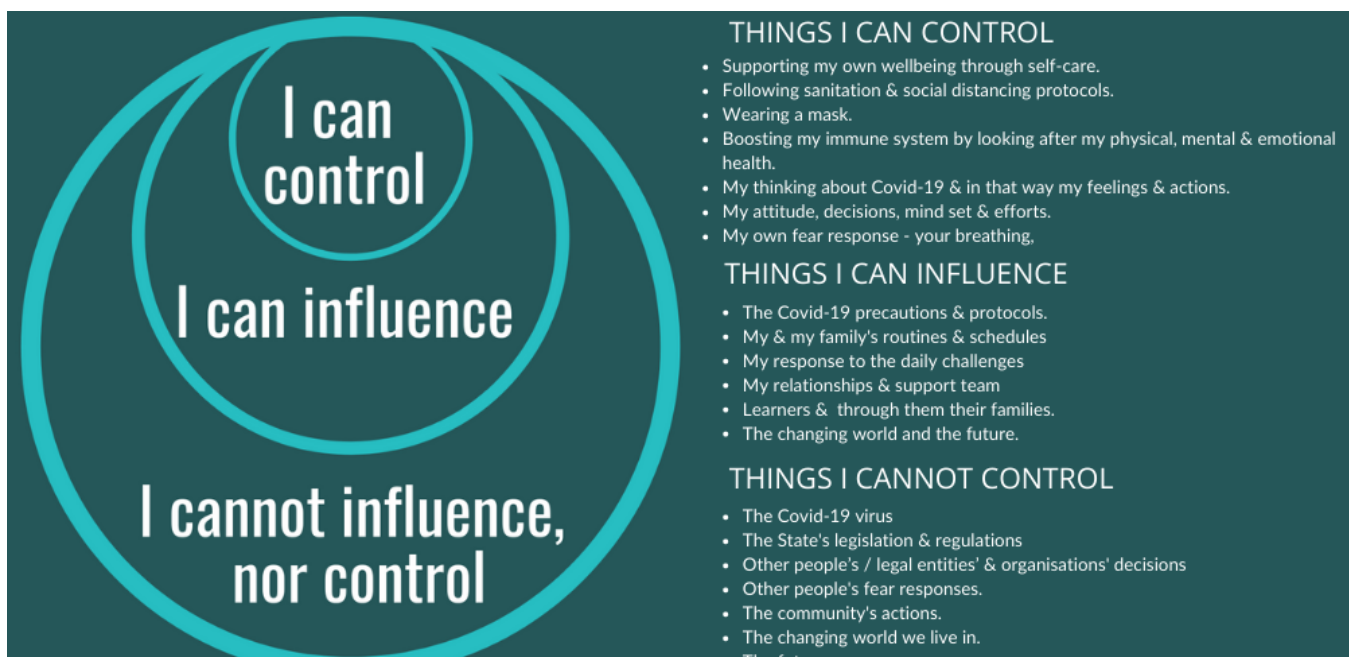
SELF-CARE SKILLS FOR TEACHERS: TAKING CONTROL

But please note, I am not saying underestimate or deny the seriousness of the pandemic.

What I am saying is to not take on duties and responsibilities which do not fall within your sphere of control.

In life, there are some things we can control; there things we can influence and then there a whole lot of things that you and I have absolutely no control over.

The Covid-19 pandemic is no different. There are still things you can control, or influence. But there are a whole lot of things we just cannot control. Take a look:



THINGS I CAN CONTROL

- Supporting my own wellbeing through self-care.
- Following sanitation & social distancing protocols.
- Wearing a mask.
- Boosting my immune system by looking after my physical, mental & emotional health.
- My thinking about Covid-19 & in that way my feelings & actions.
- My attitude, decisions, mind set & efforts.
- My own fear response - your breathing,

THINGS I CAN INFLUENCE

- The Covid-19 precautions & protocols.
- My & my family's routines & schedules
- My response to the daily challenges
- My relationships & support team
- Learners & through them their families.
- The changing world and the future.

THINGS I CANNOT CONTROL

- The Covid-19 virus
- The State's legislation & regulations
- Other people's / legal entities' & organisations' decisions
- Other people's fear responses.
- The community's actions.
- The changing world we live in.
- The future

So, instead of carry the world on your shoulders, ask yourself:

What is it that I have control over and what is it that I can do, think, say and feel, today, to make a difference to my own wellbeing and that of my colleagues and learners?

Then take control of what you can control.

And when you get home after school, celebrate your achievements!

Take care and all the best

Erika

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