

MENTAL HEALTH MOMENT

FIND YOUR MISSION

May is Mental Health Month! A common issue for those in people serving professions is compassion fatigue. A fatigue experienced especially by those that **love what they do** and **identify with those they serve**. An effective skill to practice is: **Identify your personal mission statement**. Bowen Center has been privileged to conduct workshops with many Indiana educators who were prompted to write their own mission statements. Here are a few that were given back by teachers to share!



MISSION STATEMENTS - LEARNING

"Building relationships with students to help them love themselves & learning." Marshall County Teacher

"My mission is to spark interests in my students so they WANT to learn!" Huntington County Teacher

MISSION STATEMENTS - PROVIDING SAFETY

"My mission is to create a positive environment where students can make mistakes and learn from them in a nonjudgmental space"

Noble County Teacher

"To give my students a place where being different is not just 'acceptable' but beautiful."

Kosciusko County Teacher

MISSION STATEMENTS - MAKING A DIFFERENCE

"My purpose (and hope) is to contribute to the well-being of my family, workplace and community in a meaningful way that also enriches me!"

Allen County Professor

"I remind myself I make a difference. I know this because after thirty-one years of teaching my current students tell me their parents (my former students) said I did. So cool!"

Wabash County Teacher

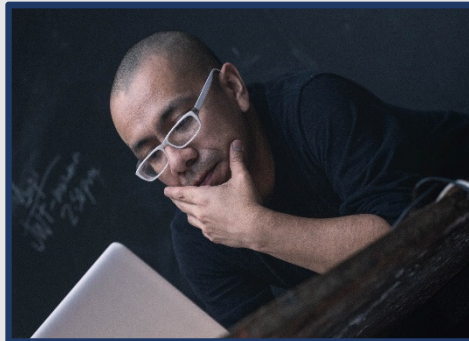
MISSION STATEMENTS - BEING AN EXAMPLE

"My mission is to strive to be a constant example to my students of what it's like to try your best!"

Dekalb County Teacher

"To be an example of love to my children who need it. To be a consistent support in their lives!"

Allen County Teacher



SELF CARE TIPS FROM EDUCATORS

"Find peer support.

Talking to fellow teachers is a must! I like finding trusted mentors."

"I realized every 'yes' to work was a 'no' to my family. It helped me set better boundaries."

"Develop emotional self-care routines because the work we do is emotionally exhausting!"

"I tell my student teachers to make sure they rest & recharge 'their batteries' at 30%. Don't wait until you are in low power mode or shutting down!"

"Get professional help if you need it! I was anxious about my teaching, my students, the parents, etc. It helped to have someone in my corner!"

Don't have a personal mission statement? Write yours here today!

Struggling? Working with a therapist can help!

To schedule private and confidential counseling sessions:

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1 800 342 5653



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