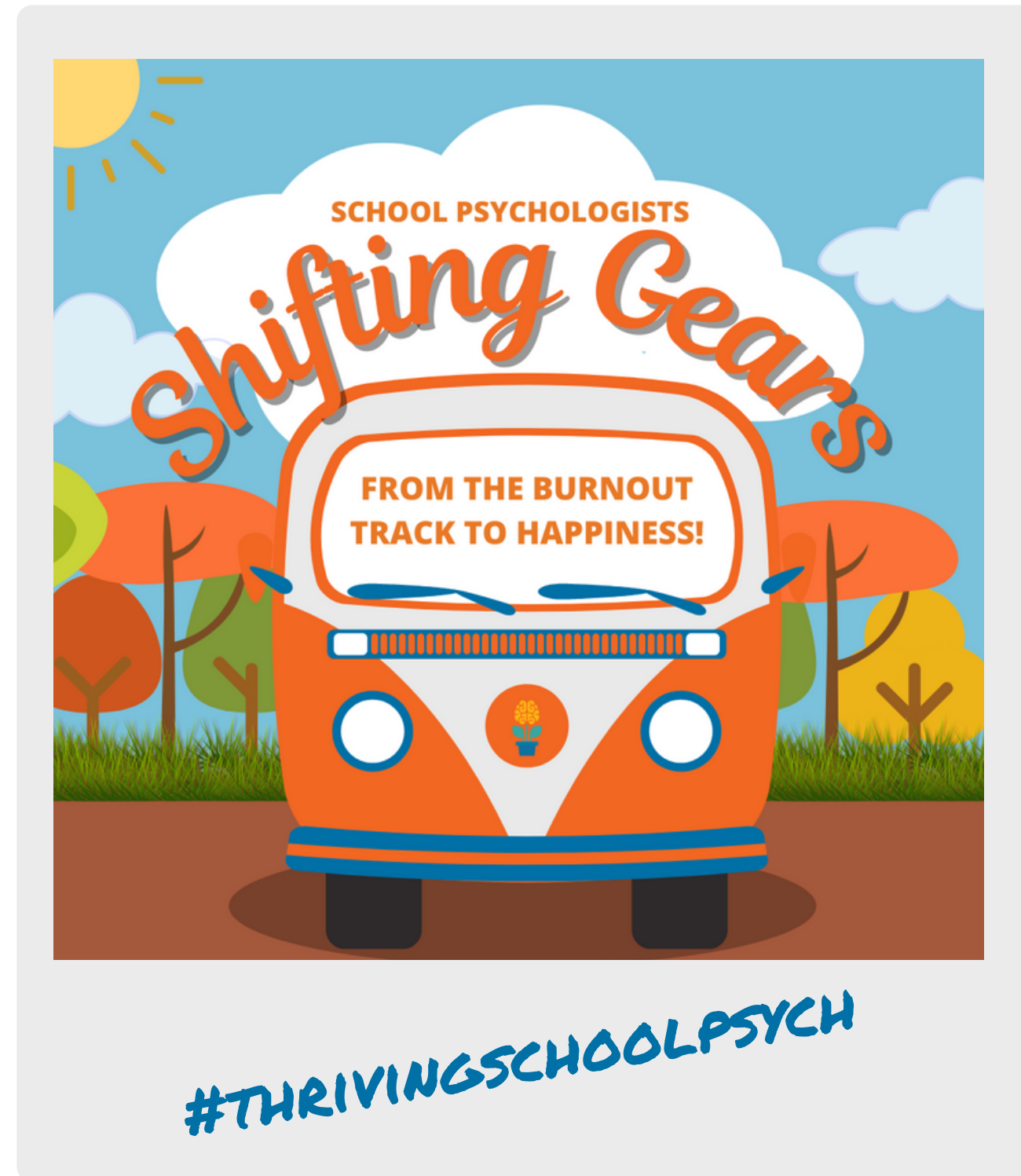


DR REBECCA BRANSTETTER PRESENTS...



4 PILLARS OF A THRIVING
SCHOOL PSYCHOLOGIST

THE FOUR PILLARS OF A THRIVING SCHOOL PSYCHOLOGIST

School psychologists who love their work consciously develop the following four pillars throughout their careers:



THRIVING SCHOOL PSYCHOLOGIST ACTION PLAN

PILLAR ONE:

1

BURNOUT TRAP

MIND SNACKS/MINDSET SHIFTS

HACKS/BEHAVIOR SHIFTS

Stop and Jot

IDEAS FOR "EATING THE FROG"

What are your ideas for the "Write-as-You-Go" strategy? What is the tiniest slice of the habit you can do that doesn't feel big?



Stop and Jot

IDEAS FOR PRESERVING SACRED HOUR

What can you do at your school sites to schedule your first hour of the day for your most important task? How can you set this boundary for others?



Stop and Jot

VERA WANG

Under what conditions do you need to do a "Vera Wang" Report?

SIMPLY VERA

What are some areas of your assessment where you can relax your standards to a level only YOU would notice?

THRIVING SCHOOL PSYCHOLOGIST ACTION PLAN

PILLAR TWO:

2

BURNOUT TRAP

MIND SNACKS/MINDSET SHIFTS

HACKS/BEHAVIOR SHIFTS

Stop and Jot



IDENTIFY GAPS

What are some areas at your school where there is an intervention gap that is possibly driving high referrals for special education?

FILLING THE GAPS

What ideas do you have to fill needed gaps? Who might be an ally in this process? What is one small step you can take right away?



THRIVING SCHOOL PSYCHOLOGIST ACTION PLAN

PILLAR THREE:

3

BURNOUT TRAP

MIND SNACKS/MINDSET SHIFTS

HACKS/BEHAVIOR SHIFTS

Stop and Jot



MARIGOLDS

Identify 2 "Marigolds" at work and 2 "Marigolds" in other areas of your life and write down ways you can increase your interaction with them.

Stop and Jot



WALNUTS

Identify 1-2 "Walnuts" at work and 1-2 "Walnuts" in other areas of your life and write down ways you can protect your energy from their influence.

Stop and Jot

FINDING YOUR SCHOOL PSYCH MARIGOLDS

Identify 3 ways you can spend more time with school psych marigolds online or in person:

THRIVING SCHOOL PSYCHOLOGIST ACTION PLAN

PILLAR FOUR:

4

BURNOUT TRAP

MIND SNACKS/MINDSET SHIFTS

HACKS/BEHAVIOR SHIFTS

Stop and Jot

WHAT I TELL MYSELF

What messages do you tell yourself about rest? How much rest and downtime do you have?

WHAT ELSE COULD I TELL MYSELF?

What are some healthy messages about rest you can tell yourself?
What can you do to cultivate more rest in your life?

Stop and Jot

ANCHOR DURING THE DAY

What time of day will be your
reminder to take a break?

WHAT ACTIVITY WILL YOU DO?

Pick an activity to do during your
anchor time (Use the 25 simple
self-care practices guide for ideas!)



Pick a Time "Anchor"

- Recess/Snack Break
- School Bell
- Lunch Time
- Set a reminder on an App for certain times of day.
- First minute of meeting with a new student
- Opening your laptop
- Hanging up the phone
- Closing your door
- Clicking or un-clicking your seatbelt in the car

Pick an Activity

- 1) Go into a Kindergarten class or a class of a favorite teacher just to hang out
- 2) Take a walk around the building
- 3) Go to your car and do a 5 minute quiet (or song) break
- 4) Do 10 minutes of a meditation app, like Headspace
- 5) Eat a real lunch, not a gross protein bar you found at the bottom of a bag :)
- 6) Better yet, leave campus for a lunch
- 7) Look at pictures of baby animals online (it's shown to lift moods!)
- 8) Text a friend a compliment or "thinking of you" text
- 9) Better yet, make a "play date" with an old friend or a lunch date with a positive colleague at work
- 10) Make a cup of coffee or tea and drink it mindfully, focusing on the warmth and the flavor
- 11) Write down three things you love about your work
- 12) Take a stretch break
- 13) Keep a notebook/scrapbook of thank you notes, drawings, and wonderful things that teachers, parents, and students have made for you and look through it (a "Smile File")
- 14) Check out a funny website for a few minutes
- 15) Repeat a mantra that inspires you
- 16) Doodle or color a favorite quote or image to post in your office/in your planner/etc. (See: TSP Adult Coloring Book!)
- 17) Make a list of three things you did today that made you happy
- 18) Clear some clutter from your workspace
- 19) Make something more pleasing in your workspace (e.g. plants, art, air fresheners, comfy seating)
- 20) If you drive between schools, take the scenic route and listen to good music/podcast/enjoy silence etc.
- 21) Check out Pinterest for fun counseling projects to do with students
- 22) Choose a healthy snack to savor (and do nothing else while you eat it)
- 23) Back AWAY from the computer. Interact with favorite colleagues for a few minutes as a break.
- 24) Read something inspirational and not work-related for a few minutes
- 25) Hop into the [Thrive Hive TV Network](#) and watch an inspirational Coffee Talk (shameless plug!)

Stop and Jot



SELF-COMPASSION LETTER

Think of something that is stressing you out. Write down how you feel. Ask yourself, "Who else might feel this way from time to time? Finally, write down the advice would you give a best friend who was going through the same thing.

Stop and Jot

GRATITUDE & APPRECIATION IDEAS

Jot down ideas you have for promoting gratitude in your daily life:

Jot down ideas you have for promoting gratitude in your school culture:



DR. REBECCA BRANSTETTER
FOUNDER OF THE THRIVING
STUDENTS COLLECTIVE



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to get today's tools and more!

