Soft Heart Getaways
Rest, Recharge, Rejoice!
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We’ve been where you are.

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Assoc of Texas Professional Educators (ATPE) ‘85-Present
Andrews ISD: 29 Years
Retired: May 2013

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Assoc of Texas Professional Educators (ATPE) ‘84-Present
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Tools for Living

A Blueprint For

Sanity
Survival
and
Success
stress
is
the
PROBLEM.
TOOLS FOR LIVING is the Solution
Rely on your strengths.

Remember the 3 Rs: Rest, Recharge, Rejoice!

Choose the right tools.
Know Thyself

It’s like Greek to me.
What do these men have in common?

Socrates  J. P. Sartre  Frank Sinatra
Recognize Your Strengths

Admit Your Weaknesses
Your Strengths (and Weaknesses) Come from

• Your Personality
• Your Passions
• Your World View
Personality!

What are you?
• Sanguine: pleasure seeking, sociable
• Melancholy: analytical, quiet
• Choleric: ambitious, leader-like
• Phlegmatic: relaxed, peaceful

Yes, you may be a combo!
Passions!
What gets you fired up & excited?
Politics?
Religion?
Illiteracy?
Domestic Abuse?
Feeding the homeless?
Poetry?
Pottery?
Funny cat videos?
Theatre?
What????????????????????
World View
Your view of the world is filtered through your beliefs about & experience in/with:

• Humanity
• Religion – Faith – Spirituality
• Politics
• Race
• Economic Stature
• Social Class (Lower, Middle, Upper)
How Do I Use This Knowledge?

In your RELATIONSHIPS with...
• Students
• Peers
• Family
• The rest of the World
Speaking of Tools for Handling Stress...

CHALK-FULL

JACKIE, YOU ARE SO LUCKY TO BE A TEACHER; YOU GET TWO MONTHS SUMMER VACATION!

ACTUALLY, IT'S TWO MONTHS SUMMER RECUPERATION.

LAST LESSON
Remember the 3 Rs!

Rest
Recharge
Rejoice!
When was the last time you put yourself on the list of things to take care of today?
Recharge Your Batteries

Physical

Emotional

Mental & Spiritual
Rejoice!
Laughter Therapy

YouTube:
• Carol Burnett:  “Went with the Wind”
• Jerry Lewis:  “The Typewriter”
• Abbott & Costello:  “Who’s on First?”

Books, movies, family, friends, strangers. students, peers.
Stress

- Students
- Parents
- Peers
- Bureaucracy
- Family
- Friends
- Finances
- Health
Sanity: Know Thyself
Survival: Rely on the 3 Rs
Tools for Living: Pick the right Tool
Direct Approach

Think before you strike.

Nails are like words: pointed.

We can pull them out with the hammer, but the hole remains.
Requires...

• Patience
• Determination
• Consistency
• Long-term use
• The right grade or grit
• Delicate work

Can be too abrasive if used improperly.

Can ruin things if too much pressure is applied.
Is your bubble off-center?

Do you know someone like that?

- Keep a level head
- Find your moral compass and keep it level
- Balance work and personal responsibilities
Screw Drivers

One size does NOT fit all.

Screws can “strip out” from wear and tear.

You may need an anchor (extra help) to do the job.

*FYI/Disclaimer: the tool, not the drink.
But not everything is easily pliable.

Remember lefty loosy; righty tighty.
Twisting things the wrong way may result in...
  • Lies
  • Accusations
  • Broken Hearts
  • Mangling things beyond repair
Utility Knife

Excellent for opening old wounds or making new ones.

Perfect for carving up self-esteem and slashing character.

Also useful for delicate situations such as cutting through pretense and getting down to the nitty-gritty.
Flashlight

Use this tool to...

• Expose the truth because lies love the darkness.

• Find the source of the problem.

• Spotlight important things and people.

• Light your way because fear feeds on the unknown.

Warning: Batteries not included.

Stay recharged!
Knife and Fork

Because we often bite off more than we can chew.
How do you eat an elephant?

What tools in your kit need sharpening or replacing?
Tools for Living

A Blueprint For

Sanity

Survival

and

Success
Know thyself!

- Embrace your strengths.
- Acknowledge your weaknesses.
  - Personality
  - Passions
  - World View
- Be aware of the difference in others.
- Be respectful of their differences.
Rely on the 3 Rs

• **Rest** when you are weary.

• **Recharge** your physical, emotional, and spiritual batteries.

• **Rejoice!**

Add laughter therapy to your toolkit!
Choose the Right Tools!

• Make a proactive, not reactive choice in dealing with...
  – Stress
  – Relationships
  – Communication
  – Conflict Resolution
  – Interaction w/Students & Peers, Subordinates & Bosses
“TOOLS FOR LIVING” is your CALL TO ACTION!

1. Get to know yourself (and others)
2. Take care of yourself with the 3 Rs.
3. Choose your tools wisely.
“Life is a banquet, and most poor suckers are starving to death.”
(Mame Dennis Burnside)

“Find what you love, and do it well.”
(Wynonna)

“Fuel your passion, and it will fuel you.”
(jbr)
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