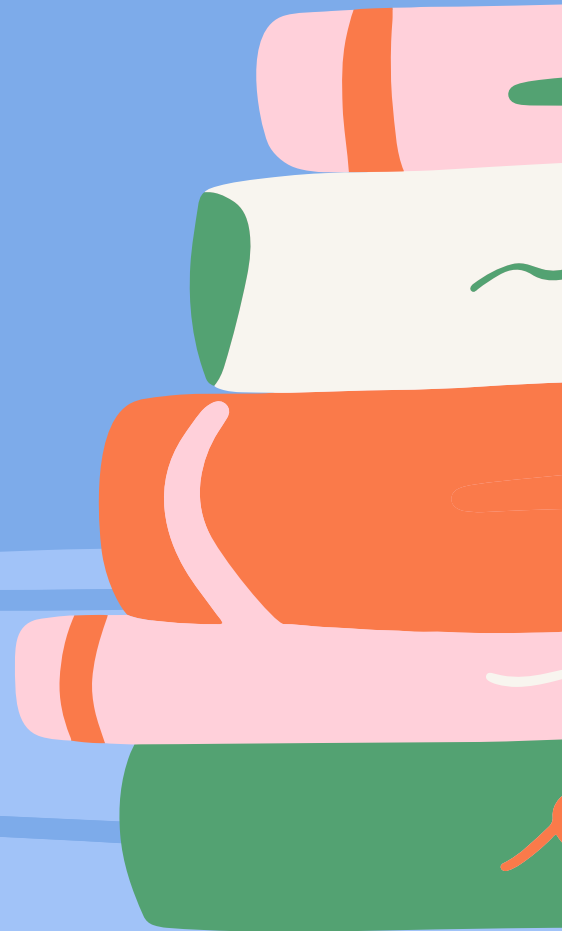


SHARING OUR STRATEGIES FOR TAKING SHORT, DAILY SABBATICALS DURING THE SPRING 2021 SEMESTER

Jonathan Asayag, Lafayette College





Wellness Event for Academics: Kicking off the Spring 2021 Semester

1A. Sharing Our Strategies for Taking Short, Daily Sabbaticals during the Spring 2021 Semester. Moderator: Jonathan Asayag, Staff Counsellor, Lafayette College.
(Support: Carrie Gradin)

Session Notes:

Ideas:

- I keep a bottle of suntan lotion and open it and close my eyes and smell and picture being at the beach:)
- My plan was to practice tai chi every evening before bed, but I tend to forget.
- Call friends while talking on the phone - truly enjoyable!
- I was thinking that they days I work from home, I can take piano breaks. I am taking piano lessons and it would be a good way for me to get some practice in, while at the same time clear my head.
- Last spring I walked around my neighborhood after lunch everyday which I would like to get back to
- I keep a hand-drawn bullet journal. It brings intention to my daily/weekly plan, and helps keep me dedicated to my habits and self care.
- Walking Zoom meetings are also great! Use the dial-in option for audio for a better audio connection.
- During zoom meetings, I look out the window every now and then. It relaxes my eyes.
- Allowing time for self-care is SO important!
- Talking to a friend while running/walking
- I want to walk every day at lunch, but I don't always.
- Scheduling that time is often necessary
- *Name redacted* has resources to share
 - The Morning Sidekick Journal
 - Miracle Morning (book)
 - 5 Minute Journal
 - Panda Planner
- Also for your ideas to take a small break:
- Tea/Coffee break and keeping a scented candle on
- hyperfocus stops me.
- Journaling & gratitude



- *Name redacted* - Good morning, good night book
- Put things in the calendar and actually do it
- Bullet journal
 - Set it up once a week
- Sticky notes of affirmations
 - Take a picture of what you wrote and use it as a screensaver

Resources:

Headspace

Insight Timer

Amazon - yoga sessions available

YouTube - many free yoga videos

Qi gong videos - they are soothing

What's App - call anyone in the world over the internet