

The Lights are Out and Nobody's Home - Renewing Positive Energy and Becoming Fully Present

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**“The lights are out and
nobody’s home.”**

Renewing Positive Energy and
Becoming Fully Present and Vibrant

Ann Van Buskirk, PhD

Kimberly B. Robinson, PhD

Renewing our Energy

- Restoring vitality through mindfulness, creativity, relaxation, and the practice of gratitude will be our focus today.

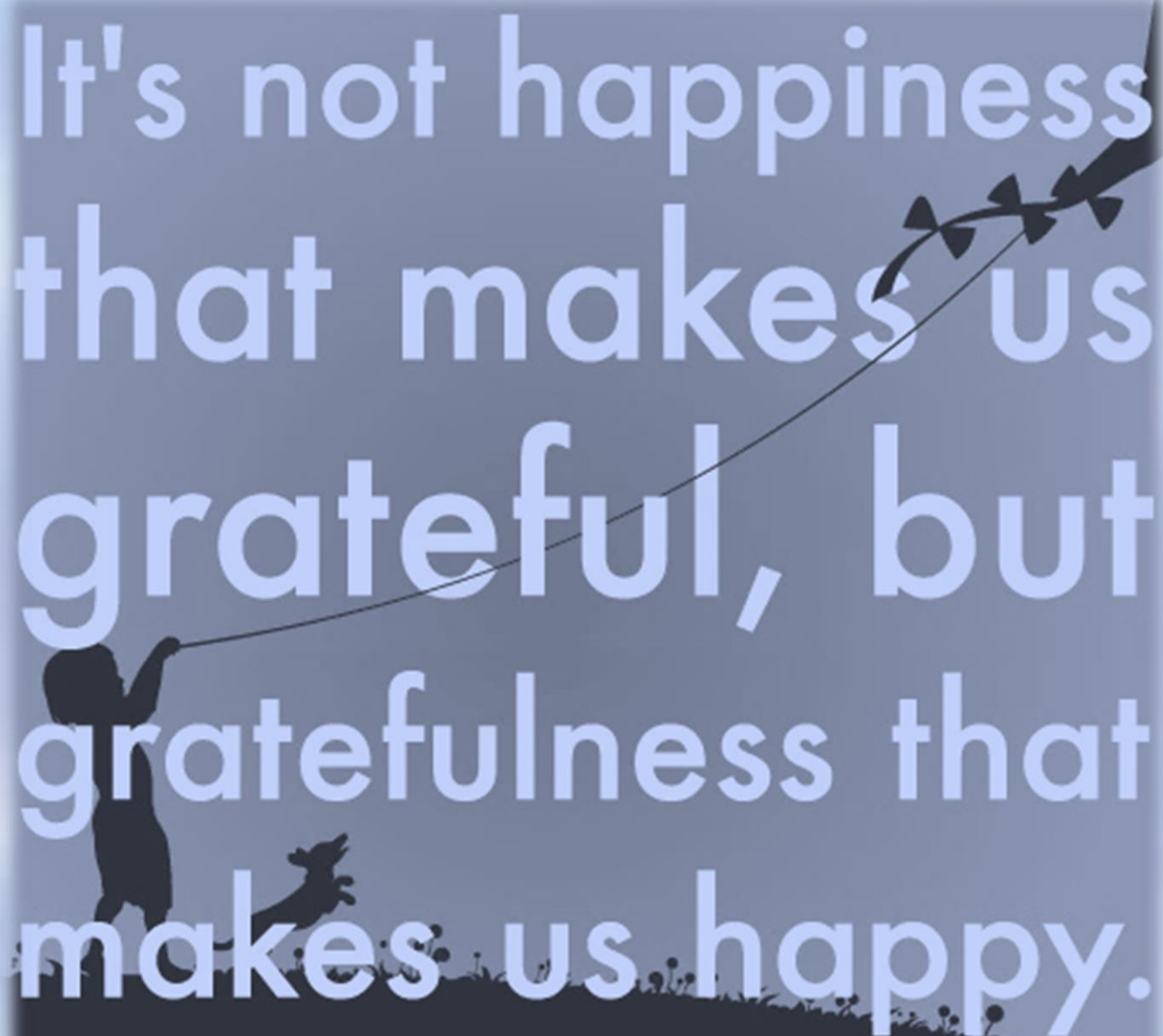
The Role of PBIS

- Using PBIS strategies can address the challenging behavior of students and others effectively, but what if you are feeling “too negative to be positive?”
- The path to restoration of energy, passion and self-efficacy begins with awareness

Gratitude Letter

- Call to mind someone who did something for you for which you are extremely grateful but to whom you never expressed your deep **gratitude**. This could be a relative, friend, teacher, or colleague. Try to pick someone who is still alive and could meet you face-to-face in the next week.
- Now, write a letter to one of these people, guided by the following steps.
- Write as though you are addressing this person directly (“Dear _____”)
Don’t worry about perfect grammar or spelling.
Describe in specific terms what this person did, why you are grateful to this person, and how this person’s behavior affected your life.
Describe what you are doing in your life now and how you often remember his or her efforts.

If possible, arrange to deliver your letter in person



It's not happiness
that makes us
grateful, but
gratefulness that
makes us happy.

WWW.LIVELIFEHAPPY.COM

The Power of Gratitude

"Gratitude, it seems, is a key—perhaps *the* key—to feeling more satisfied with your life. Strengthening your sense of joy and social connection, gratitude improves your relationships, helps you cope with adversity, and even fortifies your immune system."

The Greater Good Gratitude Summit

**What led you to do the work
that you are doing now?**

Optimism

- “I’m not sayin’ I’m gonna change the world, but I guarantee that I will spark the brain that will.” (Tupac Shakur)

Legacy

- “If you are planning for a year, sow rice; if you are planning for a decade, plant trees; if you are planning for a lifetime, educate people.” (Chinese Proverb)

To Inspire

- “Education is not the filling of a pail, but the lighting of a fire.” (William Butler Yeats)
- “I am not a teacher, but an awakener.” (Robert Frost)

Caring

- “One person can make a difference, and everyone should try.” (John Fitzgerald Kennedy)
- “No act of kindness, however small, is ever wasted.” (Aesop)

Compassion

- “The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well.” (Ralph Waldo Emerson)

Happiness

- “Those who are happiest are those who do the most for others.” (Booker T. Washington)

It is Important

- “If kids come to us from strong, healthy functioning families, it makes our job easier. If they do not come to us from strong, healthy, functioning families, it makes our job more important.” (Barbara Colorose)

Burn Out

Burnout is nature's way of telling you, you've been going through the motions your soul has departed; you're a zombie, a member of the walking dead, a sleepwalker. False optimism is like administering stimulants to an exhausted nervous system.

~ Sam Keen



Warning
Signs
of
Compassion
Fatigue

Feeling
Overwhelmed

Loneliness or
Grandiosity

Emotional
Distress

Increased
Irritability

Trouble
Sleeping

Lack of
Pleasure

Dreaming of
Easier Work

Chronic
exhaustion

Physical
Concerns

I PUT MY HEART AND
SOUL INTO MY WORK
AND HAVE LOST MY MIND
IN THE PROCESS

-VAN GOGH

Questions for Self Awareness

- If you are experiencing overwhelming feelings of fatigue, irritation, stress, anxiety or loss of joy in your work, ask yourself the following:
 - Why now?
 - What do I need?
 - How can I meet that need in an adaptive way that brings restoration?
 - Who can help me?

Getting to a Better Place



Empathy and Compassion



Pity:
I acknowledge
your suffering.

Sympathy:
I care about
your suffering.

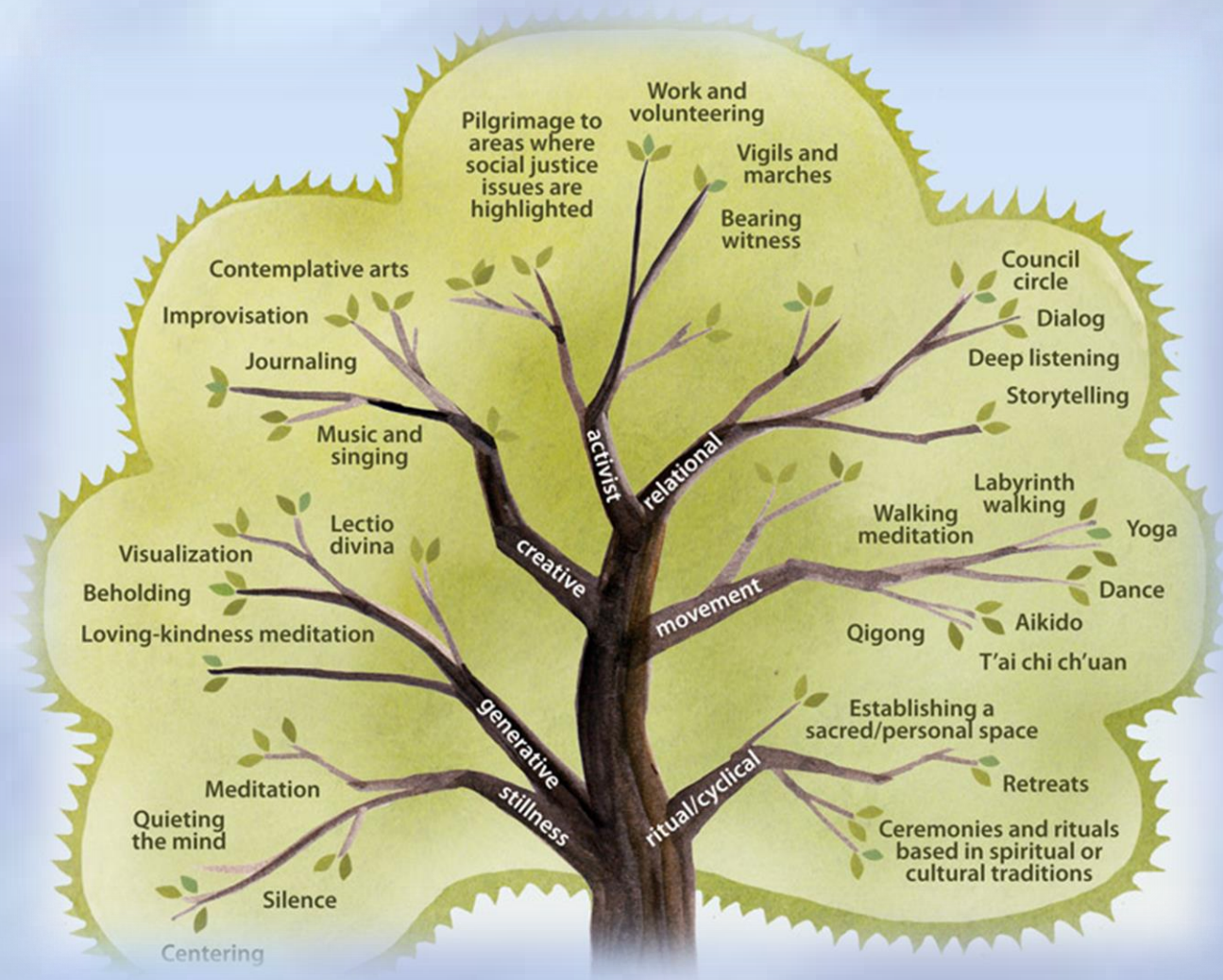
Empathy:
I feel your
suffering.

Compassion:
I want to relieve
your suffering.

Engagement

It is not that we care too much or have too much compassion or empathy, it is that we need to find hope and support for re-engaging in meaningful work.


How to Maintain Compassion and Positive Energy



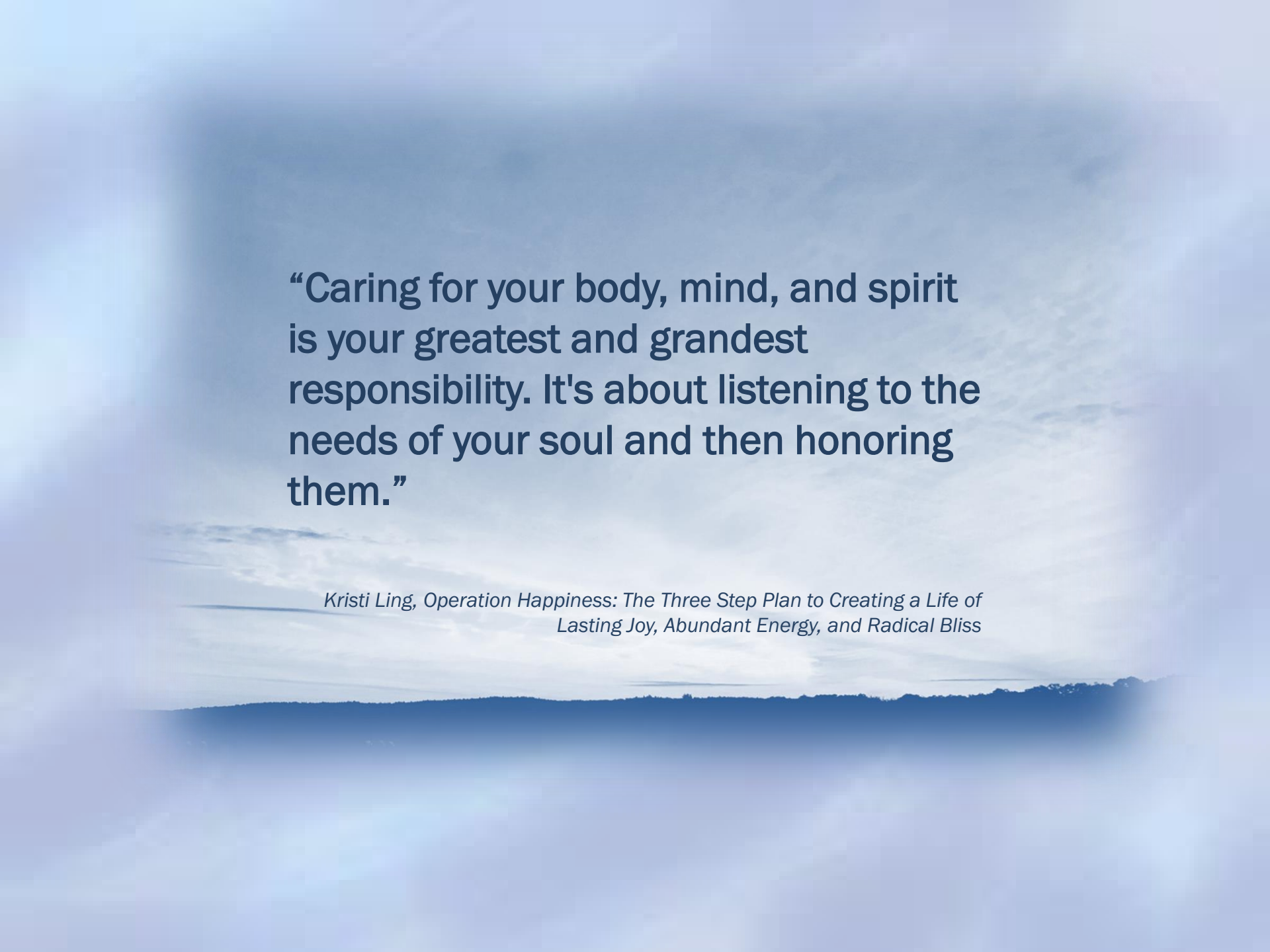


If you want others to be happy,
practice compassion. If you want
to be happy, practice compassion.

Dalai Lama XIV

 @suzkancy



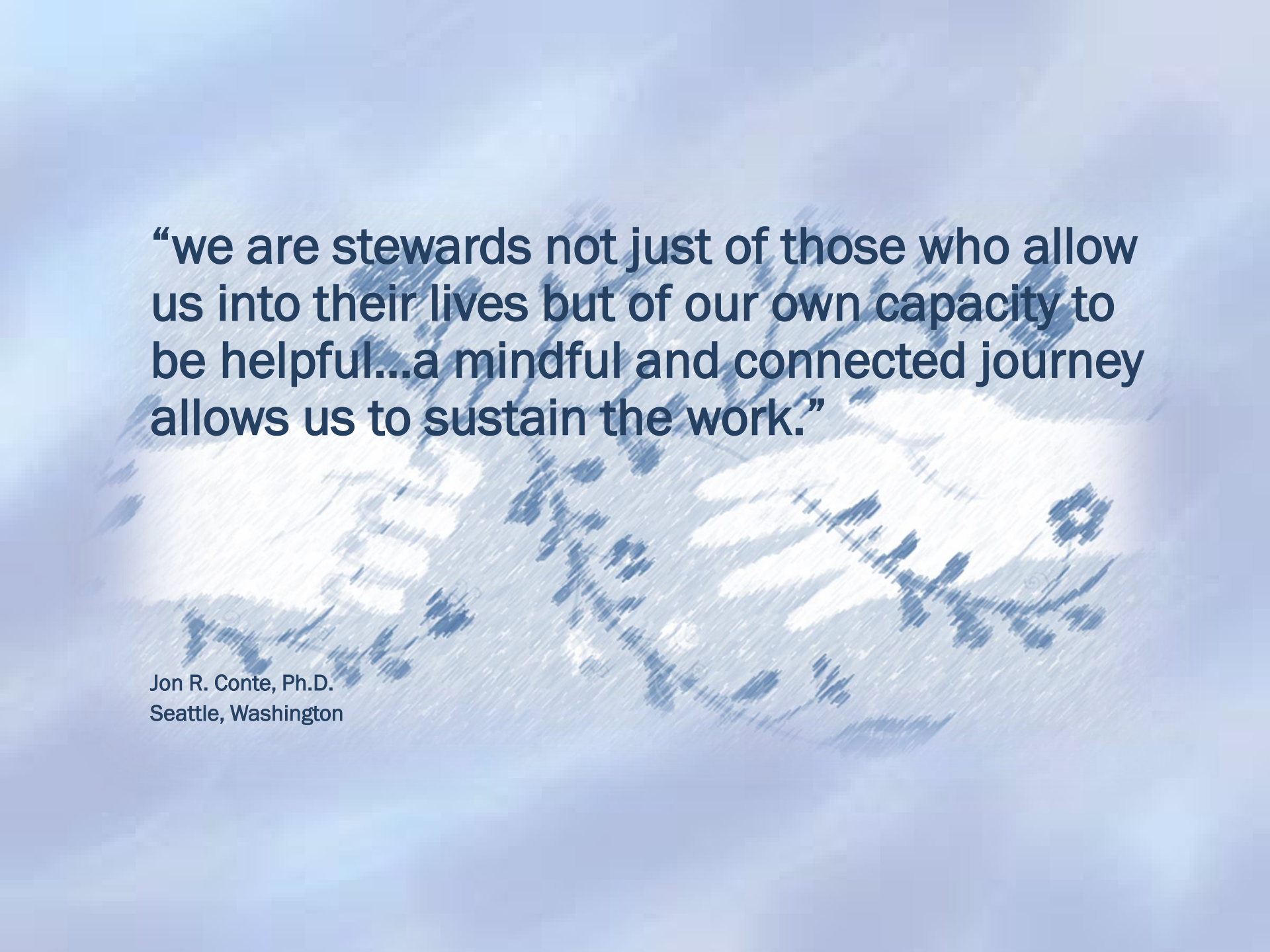


“Caring for your body, mind, and spirit is your greatest and grandest responsibility. It's about listening to the needs of your soul and then honoring them.”

Kristi Ling, Operation Happiness: The Three Step Plan to Creating a Life of Lasting Joy, Abundant Energy, and Radical Bliss

Self-care is not selfish.
You cannot serve from
an empty vessel.





“we are stewards not just of those who allow us into their lives but of our own capacity to be helpful...a mindful and connected journey allows us to sustain the work.”

Jon R. Conte, Ph.D.
Seattle, Washington

Why Time Management Doesn't Work

- Time is not the commodity that we need to manage – we need to manage our *energy*.
- We drain ourselves of energy anytime that we experience intense negative emotions or thoughts, or struggle against our urges or desires.
- Through mindfulness, relaxation, self-compassion, gratitude and creative expression energy is restored.

Is our candle burning out?

- “A good teacher is like a candle – it consumes itself to light the way for others.”
(Mustafa Kemal Atatürk)