

# STAFF CHALLENGES

## Dear Future Self

Prioritize well-being among staff by prompting them to show themselves some appreciation and love.

### Goal:

Each staff member will write themselves a note of love and appreciation, then access the postcard later to enjoy the surprise reminder of their self-love and appreciation!

### Timeline:

Approximately one month but may be adjusted as seen fit.

### Materials:

1. One postcard per staff member (*attached*)
2. One envelope per staff member
3. Prompts (*below*)
4. Email copy to staff (*below*)

### Instructions:

1. Provide a postcard to each staff member at a staff meeting or in their mailboxes.
2. Share the writing prompts below to help them formulate their words of appreciation and self-love, then ask them to write a response.
3. Ask staff members to place their postcard in an envelope and seal it.
4. Collect the postcards from each staff member as they leave the meeting and store it in a safe place, or ask them to place their completed postcard in your mailbox.
5. Return the postcards to staff members after approximately a month or when a pick-me-up is needed.

# STAFF CHALLENGES

## Next Steps:

1. Share a picture of this staff activity on your school's social media. Please tag @APPLESchools so that we can re-post and promote!
2. Have the staff members continue demonstrating appreciation for themselves outside of the challenge to continue prioritizing mental health.

## Make it an ongoing activity

Rather than running this activity once, you can also spread it over the whole school year. Have staff write themselves a postcard for each month of the school year at the start of the year. Then, at the first staff meeting of each month, you can return the postcards to the staff members. Receiving postcards throughout the year will help with overall staff motivation,

## Prompts

1. What can you add to your life that will create more joy?
2. What are your best qualities?
3. How can you take better care of yourself?
  - (e.g., workout, podcast, spa day, bake a tasty meal, read more books)
4. Write the words you need to hear.
5. What is something you have done that makes you proud?
6. What is something you can do that makes you feel grateful for who you are or what you do?

## **Suggested staff email copy**

*Please personalize as you see fit.*

Hello **(school name)** staff,

It is easy to fill up our busy schedules with tasks and responsibilities without taking time for yourself. That is why I am inviting you all to take part in a new staff wellness initiative, *Dear Future Self*.

This APPLE Schools challenge supports staff mental health and well-being and models a form of healthy self-care to students. Most importantly, it urges us to show ourselves a little more love!

With *Dear Future Self*, you will write yourself a little love note on a postcard to express some well-deserved appreciation and enjoy it at a later date.

You can find the postcard template and writing prompts **(attached to this email / in your staff mailbox / at the staff meeting / in the office)**. Feel free to use the prompts to get you thinking about ways you can show yourself some appreciation and care.

Please write a postcard to yourself, place it in an envelope and return it to me. I will send them back to you later, so you can enjoy a little surprise from yourself!