Self Care for Superintendents

Incoming Superintendent Workshop
Shane Backlund, Selah School District
July 2020
READ TO LEARN
GRACE
Take Time for Gratitude
As you think about self-care as it relates to your previous roles, what is a strategy that you may have used in the past that you’d be willing to share? Place your answers in the chat box.
BE MINDFUL
BODY WELLNESS
UNPLUG...SERIOUSLY
Foster Your Family Relationships
BUILD ROUTINES
Whether it is something you heard today, or something you may be considering, what is a new self-care strategy you will commit to implementing in your new role as Superintendent?
Shane Backlund, Superintendent

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