

The background of the slide is a photograph of a vast desert landscape. In the foreground, a series of footprints are visible in the sand, leading from the bottom left towards the horizon. The sand dunes are covered in fine, wavy ripples. The sky is a clear, bright blue. The title text is overlaid on the upper half of the image.

SELF CARE FOR SUPERINTENDENTS

INCOMING SUPERINTENDENT WORKSHOP
SHANE BACKLUND, SELAH SCHOOL DISTRICT
JULY 2020

READ TO LEARN



The background of the image is a dramatic sky. Dark, heavy clouds fill most of the frame, with a bright light source, likely the sun, breaking through a gap in the clouds in the center. This creates a strong lens flare and several distinct rays of light that fan out across the sky, illuminating the surrounding clouds with a golden glow. The overall mood is one of hope and divine presence.


GRACE



REFLECT AND REFRAME



FIND CONNECTION

A small green plant with broad leaves is in a grey pot, located in the top left corner of the image.

THANKS!

TAKE TIME FOR GRATITUDE

MID-POINT REFLECTION



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



A photograph of a paved path covered in a thick layer of fallen yellow and orange autumn leaves. In the upper right corner, the lower legs and feet of two runners are visible. One runner is wearing black leggings and bright blue and green running shoes, captured in a mid-stride. The second runner is partially visible behind them, wearing white socks and multi-colored running shoes. The scene is brightly lit, suggesting a sunny day. The text "BODY WELLNESS" is overlaid in a large, white, rounded font across the lower half of the image.

BODY WELLNESS



UNPLUG...SERIOUSLY

FOSTER YOUR FAMILY RELATIONSHIPS



BUILD ROUTINES



FINAL REFLECTION



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?

VIKINGS



SCHOOL DISTRICT
Cultivating life-long learners

Shane Backlund, Superintendent

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