

IGNITE YOUR SPARK

Newsletter December 2022

Oh the end of the year is coming fast!

How is it that I am surprised by how fast December flies by every year? This is my 50th December and I am still amazed!

I hope that this newsletter finds you well and ready to enjoy the silly season. I know for many this has been yet another challenging year. The pressure to return to normal and catch up from the last two years has been an often unrecognised but upon reflection very present stress, and many of us are feeling it.

I am offering a few ideas here that might help you enjoy the festive season a little more- I hope it helps. Please take care, enjoy yourself and I look forward to reconnecting in the new year. Thank you for your support and encouragement.



LTaking the stress out of the festive season:

- **consider the expectations you hold for yourself and others-** I love the advice from Brene Brown to believe that everyone you meet is doing the best they can with what they have right now... this isn't about absolving people from responsibility but more about releasing you from carrying the stress of disappointment
- **do a little less if you're stressing out-** as a teacher I would often say the only perfect lesson was the one in my head, it's the same with festive gatherings I reckon... do what brings joy to you and then you will be able to be joyful
- **share the load if you can-** too often we carry the invisible to-do list in our heads and fail to communicate clearly what needs to be done, let alone ask for help... the quote that got me through school camp this year was 'the team work makes the dream work' and it's the mantra I am taking into the festive season and new year with me too
- **rest, recover, rejuvenate-** if you are feeling exhausted then please listen to your body and find space to care for your needs, I do know it's not easy for some of us to do this though. One thing I have mapped in to my holiday time is activities with my family that will meet my need to be active and rejuvenate but help me connect with them more too. (PS you don't have to be a toddler or a nana to have a nap!)
- **allow yourself to enjoy the little things-** striving for perfection is a sure way to scare away your joy so ease up, and let yourself be immersed in the little moments so you can truly feel the joy. It's been a big year for a lot of people, you deserve all the joy you can get!

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Welcoming in a new year...

The end of the year can prompt us to start making promises to ourselves, good old new year's resolutions! Research quoted by Forbes states that up to 80% of new year's resolutions fail by the start of February!

It makes sense to look ahead when we start a new year, it is a time of hope and fresh beginnings. We just need a smarter way to set our goals for the new year.

Firstly, get clear on your values... what drives you when you are at your best? How do you want to be going forward?

Make sure any goals you set align to your values. They need to help you live the way you want to live or move towards becoming the person you want to be.

Create a vision for where you want to be. Then break it down into small steps, as many as you can, all of which will move you towards that vision.

Share your vision with others, and let them know what you are doing to move towards that vision. There is no shame in taking a small step, each journey is just a series of one steps at a time.

Make sure you have the resources you need, celebrate the small steps and keep reminding yourself of the vision.

BONUS FREEBIE:

Do you like a list to keep you on track?

I created the healthy holiday list to help people put their wellbeing front and centre and practice health-ful habits in the holiday.

Please click here to get your copy to download and use.



I am now a PLD facilitator and am excited to work with schools and Kāhui Ako on wellbeing, curriculum design and other areas. Click here for more information or feel free to contact me if you would like to discuss this more.

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Bookclub inspiration: Think Unique

by Ortal Green

"It is not true that we lose our creative genius when we grow older, but we grow older because we forget to use our creative genius."

Debasish Mridha, American physician, philosopher, and author



Making Space for Creativity

When was the last time you played?
When was the last time you made something?
When do you feel that you are being creative?
Creativity isn't just about creating works of art. You can be creative in the kitchen, in the garden, on the stage, with words, with home design, with building or engineering, with planning an event...

The festive season is a great time to stretch your creativity muscles... it's summer here and getting the tent put up is always an exercise in creative construction as I lost the instructions :)

There are numerous benefits to embracing creativity in your life- it can help you to solve problems more efficiently at work and at home, it can help you become more mindful, it can help you feel more resilient and even improve your confidence!

So what might you do to activate your creativity muscles and give them a bit of a workout?

Check it out...

The HHTM 10-4 Course is now available for purchase- This course is has ten teacher wellbeing tips, ten challenges, and takes only ten minutes a day for ten days. [Click here](#) to find out more.

If you would like to purchase Neuroscience and the Art of Parenting- my interview at the Spectrum Education Parenting Online Summit [please click here](#).

Season 2 of the **Teachers Matter Podcast** with Karen Tui Boyes is out now!!!
New episodes are coming out regularly
[Check it out here today!](#)



Please feel free to share this newsletter with a friend if you think they would be interested.

Happy Healthy Teachers Matter Virtual Retreat

This online retreat is an opportunity to put your wellbeing at the top of your list as you start a new teaching year (the content is useful for us all though so feel free to check it out even if you are not working in education)

There are so many speakers we have had to add recorded bonus material as well as the live, interactive sessions during the day!
[Click here](#) for more information
or to sign up!

It is a real pleasure to host this event with the amazing Karen Tui Boyes, we can't wait to share this with you!

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