

# Bouncing Back Forward in Remote Learning

Our world has faced (and is still facing) a significant challenge. With a return too remote learning, many of us are understandably hopeful that things will eventually 'go back to normal' – that life and work can resume as they were before. It is important, however, that this process not be about *going back* but rather about *moving forward* into remote learning. The goal is to transition forward into the remote learning with the lessons from our first experience as our guide.

This series of quick and easy steps that can be taken to spark the mind and body into readiness for **TAKING OWNERSHIP** of the day. Try all of these things – they work!

## 3. SLEEP

Sleep recharges your brain so that you can take ownership, make connections, think deeply and be courageous.



Why....

Is sleep important.....

- Repairs your body
- Improves learning, creativity and memory
- Lowers stress
- Maintains your immune system



How....

Can I sleep better.....

- Avoid big meals before bed
- Exercise on a regular basis
- Turn of the phone, computer and TV an hour before bed
- Keep your bedroom quiet, cool and dark



What...

If I don't get enough sleep?

Sleep deprivation can...

- Increase Anxiety, depression and other mental health problems
- Lead to impaired decision making
- Decrease your immune system
- Cause headaches, poor vision and lowers concentration levels



BEING



COURAGEOUS