

Plan for the toasty weather ahead to help you keep your cool

Although the heat of summer may bring beach vacations and mountain hikes, it's also a busy time for preparing our schools for the new year. Whether relaxing or working, take precautions to avoid heat illness:

Stay Cool

- Wear clothing that's lightweight, light-colored and loose-fitting.
- Schedule outdoor activities and jobs for earlier in the morning or later in the evening.
- Rest often in the shade to give your body a chance to recover.
- Pace your exercise routine. Start slowly and acclimate to the heat.
- Wear sunscreen. Sunburn affects the body's ability to cool down and can dehydrate the body.
- Stay in air-conditioned buildings when possible.

Stay hydrated

- Drink more fluids regardless of how active you are. Don't wait until you're thirsty.
- Avoid sugary or alcoholic drinks.
- If you have diabetes, high blood pressure, take water pills, or have other chronic health conditions, talk to your doctor before drinking sports beverages, taking salt tablets or drinking excessive water.

Stay aware

- Follow the local news for extreme heat alerts.
- Take time to acclimate.
- Know the symptoms of heat-related illness and keep an eye on those around you. Use the buddy system to check in on your coworkers or neighbors.
- Watch for rapid onset in high-heat situations.
- Don't discount your symptoms or the symptoms of others. Stop what you're doing and get help.

Symptoms of heat illness may include:

- Headache
- Dizziness
- Weakness
- Muscle cramps
- Nausea or vomiting
- Heavy sweating
- Fast pulse
- Clammy skin
- Confusion



Your mindset is the key to accomplishing your goals

By Marshall Shimmon, SIA Prevention Services

What program are you currently running? I'm not talking about your PC or laptop, rather your psychological program. The human mind is complex yet flexible, allowing us to meet the perceived demands of our environment. Our thoughts are intrinsically linked to our physiology. When we think positively, we can act well and vice-versa. Understanding that we ourselves are responsible for feeling, thinking and acting in particular ways reveals that we cannot expect a better outcome unless we first change ourselves. It's easy to fall into the trap of expecting someone or something to change for our benefit. Choose your input program and choose your output.

Adopting the correct mindset is necessary to accomplish a specific or general goal. Psychologists have defined two distinct types of mindsets as either "fixed" or "growth". An article in Forbes magazine supports evidence that a growth-type mindset can accelerate your career. <https://www.forbes.com/sites/bernhardschroeder/2019/07/12/12-advantages-of-a-growth-mindset-that-could-accelerate-your-career/?sh=6747ad1d13f4>.

For information on training resources, contact preventionservices@sia-jpa.org.

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- Your mindset is a tool for achieving your goals

Your mindset is the key

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Choose positivity, be open-minded

When we feel and think in a positive manner, we can find pleasure, fulfillment and gratitude. When our thoughts or feelings are negative, we tend to focus on things that amplify pain, fatigue, anxiety, stress and frustration. In various sports psychology experiments related to peak performance, subjects reported greater physical strength when focusing on thoughts that made them feel happy versus angry. When performing a given task, the mere perception of the task as enjoyable or unpleasant can determine our physiological response and potential outcome. Sometimes just being open-minded about a new experience will allow us to adapt and grow versus being resistant and fixed. Think about a food that you wouldn't even try as a child, but as an adult you savor. This not only applies to food but also to talents and abilities.



New mindset, new results

After decades of research, world-renowned Stanford University psychologist Carol S. Dweck, Ph.D., discovered a simple but groundbreaking idea: the power of mindset. In this brilliant book *Mindset: The New Psychology of Success*, she shows how success in school, work, sports, the arts and in every area of human endeavor can be dramatically influenced by how we think about our talents and abilities. People with a fixed mindset—those who believe that abilities are fixed—are less likely to flourish than are those with a growth mindset—those who believe that abilities can be developed. *Mindset* reveals how great parents, teachers, managers and athletes can put this idea to use to foster outstanding accomplishment. With the right mindset, you can motivate those you lead, teach and love—to transform their lives and your own.



The stress mindset, caught up in the moment

Get out of your own way! Most roadblocks to our happiness start in our minds. Build your confidence by creating a positive mindset that allows you to interact with your environment in ways that create, reward, fulfill, grow and align with the best version of yourself. Don't allow circumstances, individuals or strong emotions to derail the mindset you desire or how you interact with people in your environment. Sometimes during stressful moments it's better to pause, step away, take a deep breath, then return with a fresh perspective and a new mindset.

When we feel angry, emotional, sensitive or generally discontented, it's a glimpse into our psyche. It's in this moment of reflection and introspection that we can see what program we're running. When frustrated with a seemingly simple task or situation, ask yourself: Do I really want to act this way, think this way, feel this way or look this way? It's easy to fall into the trap of strong emotion, but unfortunately strong emotions don't allow us to think clearly and objectively. American entrepreneur, author and motivational speaker Jim Rohn said, "Don't wish it were easier, wish you were better. Do not wish for less problems, wish for more skills If you will change, everything will change for you. To have more you simply have to become more."



Adjust your mindset, adjust your day

Think about your mindset as a backpack that you carry on your journey. Make sure to carry only the things that you really need so that you're not weighed down by things you do not need. At the beginning of a new interaction, event, activity or scenario, pause and choose the best mindset that utilizes your potential and desired outcome. For example, while commuting to or from work focus on the desired outcome of your journey. The alternative is to allow others to create the outcome instead. If you've ever succumbed to the stress of traffic woes and arrived at your destination angry at the world, then you probably can relate. Leave early, go with the flow of traffic; enjoy a good podcast, music app or simply listen to your favorite radio station. If you want to arrive with a smile instead of a frown, then sit back and relax while listening to a good comedian instead of hyper-focusing on every bad driver on the road. Herein lies an important lesson: Invest your energy in those things that reward you intrinsically and uplift you instead of those things you cannot control. If Monday morning commutes stress you out, just imagine that it's your first day on vacation and just enjoy the ride. Just like radio station presets, we can write a program to help us maximize our experience in any given situation. Explore which mindsets work well for you and which ones you'll rewrite.



Pack it like a pro!

Smart traveling tips to take the stress out of packing

By Lyn Poll, M.S., SIA Prevention Services

Days are longer, weather's getting warmer, and school will be out soon. Must mean summer is right around the corner. And what does summer mean? VACATION!

Going on vacation is the best! Not so fun is trying to cram all you need into your suitcase or bag. The anxiety of figuring out what to pack and how to make it all fit can put a damper on any getaway excitement. Whether you're someone who starts packing a week ahead or waits until the last minute, these packing hacks from fellow travelers will ensure that your favorite outfit does not get wrinkled and that you have room for souvenirs. Keep reading to learn how to make your packing routine faster, smarter and less stressful.

- **MAKE A LIST.** Take five minutes to list all the items you'll need to bring. This will save time and reduce stress. If you don't want to write your own list, then print one of the many pre-made lists online or download an app such as [Easy Pack](#), [PackTeo](#), [Packing List](#) or [Pack](#) to your phone. Check your items off as you pack them.
 - o **Pro-tip:** If flying to your destination, have a picture of your list as well as a picture of your luggage so that if your luggage is lost, you can show airline personnel.



- **INVEST IN PACKING CUBES.** These are lightweight, durable bags that allow you to separate t-shirts, underwear and other accessories. This makes it much easier to find items instead of rummaging through your suitcase to find "that" t-shirt. Cubes help keep items organized and makes for easy unpacking and repacking.
 - o **Pro-tip:** Color code your cubes. For example, pack undergarments in a red cube, t-shirts in blue.

- **ROLL DON'T FOLD.** There's a rolling versus folding debate, but rolled clothes take up less space and rolling helps prevent wrinkles and creasing. Lay tops face down, fold in the sleeves and roll from the bottom up. For pants, put the legs together and roll from the waist down. This also makes it easier to pack things into extra spaces and crevices of your luggage.
 - o **Pro-tip:** Smooth as you roll and roll tight.
- **MAXIMIZE UNUSED SPACE:** Use every bit of suitcase space by storing socks inside shoes; stack bras, then tuck underwear in the cups to maintain their shape; store a belt inside a collared shirt to help keep its shape.
- **PACK HEAVIEST/BULKY ITEMS ON THE BOTTOM.** Packing your heaviest items at the bottom will help keep your suitcase from toppling over. Folding bulky items and placing them on the bottom will help save space as well.
 - o **Pro-tip:** Wear your bulky items such as jackets, sweaters, sneakers or boots on the plane and this will help you save space for other items, such as souvenirs.
- **TAKE PLASTIC OR ZIPLOC BAGS.** These are great for containing wet swimwear, dirty laundry or leaking toiletries. Place a dryer sheet inside one or two of the bags used for dirty laundry to keep it from smelling, especially if you're unable to wash for a week or more.
- **PACK AN EXTRA SET OF CLOTHES IN YOUR CARRY-ON.** If checking bags, be ready for worst-case scenarios. While lost luggage is rare, baggage delays are still common. Pack an extra set of clothes, especially undergarments, in your carry-on, as well as medications, lotions and anything else you'd want in case your luggage is lost or delayed.
 - o **Pro-tip:** Worried about liquids leaking? Place plastic wrap under the bottle lids before putting the lids back on and then put them inside a Ziploc bag.
- **BRING A SOCKET EXTENSION.** If there are multiple people traveling, bring along a socket extension. The last thing you want is to fight over the limited charging points in the hotel room.

Whether you're jumping into the car for a road trip or hopping on a plane to go across the pond this summer, enjoy the excitement of getting away by packing smarter, not harder. By applying a few or all these packing tips, you can make packing enjoyable while helping to ensure you arrive with all the necessary items for your well-deserved perfect vacation. Happy travels!



- Free trainings
- Prevent cyber attacks

A new mindfulness program for MHN

The Aware mindfulness program offers a research-based approach to stress management, derived from some of the world's leading experts in the field who teach us how to meaningfully engage with the present moment.

A trained Aware specialist will use a step-by-step process to teach the skills needed to reduce stress, emphasize the present, establish greater mind-body balance and increase overall well-being.

Participants will receive six telephonic sessions with an Aware specialist, an individualized practice plan, plus electronic resources. If your district participates in the SIA Employee Assistance Program (EAP) through MHN, contact MHN for more information.

SIA EAP Districts:

Arcohe Union SD	Latrobe SD	Robla New Hope
El Dorado COE	Natomas USD	Charter School
Folsom-Cordova USD	Natomas Charter SD	Robla SD
Galt Joint Union ESD	Placerville Union SD	Sacramento City USD
Galt Joint Union HSD	Rescue Union SD	Sacramento COE
Hayward USD	River Delta USD	

Prevent cyber attacks with a little prevention



Protect your school district's system as well as your home computer

by remembering these simple precautions:

- Follow the direction of your district IT department.
- Complete assigned cyber safety training.
- Regularly change your passwords.
- Don't install software on your school district-issued computer without checking with your IT staff or receiving prior direction.
- Don't open links on emails that you weren't expecting. Carefully read emails and check for misspellings or unusual email addresses.

Save those permission slips

It may be tempting to clear out your files as you prepare for the end of the school year, but don't throw away any permission slips and waivers you received during the school year. All permission and activity forms should be kept for at least one year after the conclusion of the current school year.



Mood-boosting moves

There's no need to run marathons to beat the blues. Any physical activity can reduce stress hormones and boost chemicals that improve your mood and mental sharpness. Just standing up and moving about can energize and prepare you to face your day.

Resource: personalbest.com

Upcoming free virtual trainings

SIA provides our member district staffs with virtual trainings on a variety of topics that apply to both your personal and professional life. To learn more about any of the training courses listed below, contact tfranco@sia-jpa.org. You can also join our [email list](#) to learn about future events.

5/18	SIA Leadership Academy: Work/Life Balance 8:30 to 10 a.m.
5/25	CSRM: Handling School Risks 7:30 a.m. to 4 p.m.
6/02	Enhancing Wellness through Resilience and Work/Life Balance (MHN) noon to 1 p.m.
6/03	Coping with Depression (MHN) 5:30 to 6:30 p.m.
6/14	Destigmatizing Mental Health (MHN) noon to 1 p.m.
7/27	CSRM: Measuring School Risks 7:30 a.m. to 4 p.m.