

Jul 22-25 Lesson Report Summary:

AM:

Level 1: More practice with numbers and dates. Students are interested in practicing the past tense -ed pronunciation.

Level 2: Encourage students to speak and write using past tense verbs, especially irregular ones. Students are interested in practicing the past tense -ed pronunciation.

Level 3: N/A

PM:

Level 1: Students enjoy talking; find ways to boost confidence and listening comprehension. Try dividing students into breakout rooms for certain activities.

Level 2: Review/reinforce difference between -ing and -ed verb endings.

Level 3: Students enjoy role-playing! Go beyond the questions in the PowerPoint to personalize and expand on student knowledge.

AM Attendance:

Level 1: 16 students

Level 2: 14 students

Level 3: 31 students

PM Attendance:

Level 1: 25 students

Level 2: 18 students

Level 3: 18 students

ESL Resource: <https://www.englishclub.com/>

Tip of the Week:

With all of your responsibilities with work, family, friends, school, and volunteering, here are some tips to make sure you are taking care of yourself!

MHFA Tip of the Month:

Recognize and Manage Burnout

Recognizing burnout is crucial for maintaining mental health. Look for signs such as increased irritability, exhaustion and detachment from work or personal life. According to the American Institute of Stress, nearly 83% of United States workers experience work-related stress — stress that causes approximately 1 million employees to miss work every day and can lead to drops in productivity. Left untreated, it can even lead to symptoms of depression and anxiety.

Take time to practice self-care, an important tool to help manage symptoms of burnout and regain physical, spiritual, mental and emotional balance. **Here are some tips for managing symptoms of burnout with self-care.**

1. **Recognize how you're feeling.** It's important to recognize if you are feeling overly stressed and if it is impacting your life at work or home. It may be helpful to ask yourself **questions** such as "Do I find it hard to concentrate?" and "Have my sleep habits changed?" A "yes" may indicate that it's a good time to focus on self-care.
2. **Understand your wellness domains.** SAMHSA's Eight Dimensions of Wellness recommends a broad approach for things people can do to help them feel better and live longer. These areas include social wellness, environmental wellness, intellectual wellness, physical wellness, emotional wellness, spiritual wellness, financial wellness and occupational wellness.
3. **Create a self-care plan.** The plan you create should address and include activities in each of the wellness domains that you would like to focus on. You may find that you have things for one domain, a few or all of them. Create this plan using your computer, your smart phone, pen and paper, or any other tools.
4. **Talk to someone you trust.** It's important to identify people in your life who you can talk to when feeling overwhelmed, anxious, or sad. This may be a family member, friend, colleague, or mental health professional.