AN EXCERPT FROM Patch 26 of The OPEN FACULTY PATCHBOOK – The SECRET INGREDIENTS of MENTORING

# from [**THE OPEN FACULTY PATCHBOOK**](https://openfacultypatchbook.org/)

## **A Community Quilt of Pedagogy**

*“Auntie Em: Here, here, can’t work on an empty stomach. Have some crullers.”*

Pressures are high on our learning facilitators to juggle many things in their professional and personal life, and to keep up with the frantic pace of graduate studies. Articulating a plan for learning and professional development certainly helps our learning facilitators nurture their cognitive well-being. But what about their physical, emotional, mental, and spiritual well-being? The emotional labour of facilitating learning can become exhausting, even toxic if you don’t have a self-care plan. At the same time, cultivating resilient, strong, and healthy educators requires that we encourage physical and mental regeneration by creating space for **wellness, buoyancy, and optimism.** We see our learning facilitators not simply as facilitators in our course but as whole human beings, and we encourage them to think of *ways and strategies to restore their soul and rejuvenate their spirit*. Hence, they are no longer surprised when we ask them: What is your self-care plan?

I reviewed the article on Cultivating the Heart – and in particular I my attention was caught by the question posed by the authors – WHAT IS YOUR PLAN FOR SELF CARE?

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| Faint Cat | I am a professional (a lawyer by trade) teaching part time in technical programs. As lawyers we are expected to wear a metaphorical coat of invincibility.  Being ill, missing time or even taking holidays is often frowned upon in the legal profession. Lawyers may experience burn out – but they certainly can’t admit to it! |

Alternatively, PLANNING is seen as responsible and diligent. Lawyers are encouraged to have a plan for everything.

So to me PLANNING for Self Care is intriguing - can I justify self care? Can I budget it? Is there a measuring stick by which I can determine if I am adequately scheduling self care? Can I add it to my PROFESSIONAL DUE DILIGENCE REQUIREMENTS – thereby ensuring that I prioritize it?

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| **Is there**  **such a thing**  **as balance?** | A digital balance scale using circles |

Does everyone else do this and only lawyers are not aware of it?

I was drawn to word “buoyancy” used by the authors, Klodiana Kolomitro and Les MacKenzie. If I figure out this self care thing – will I experience a return of buoyance and optimism – and if I do, will it inform my teaching – making me a more capable teacher?



Lots of questions and the answers appear to lie somewhere over the rainbow.

1. Johnston