

# Wellness

## TIPS FOR EMBRACING BALANCE & WELL-BEING

### Not Giving Up

As we turn the page from 2020 to 2021, we all want a better story for the upcoming year, right? Raise your hand if you've ever distracted yourself with reorganizing your sock drawer, looking up COVID related memes to send to your friends, or learning the latest and greatest TikTok dance? You, like most of us, probably have suffered from a lack of motivation over the past year. At the end of the semester we, along with our students, loose our *mojo* and need to refresh and regroup. I'm not talking about healthy brain breaks, I'm talking about letting distraction be our way out, to numb or to avoid steps to achieving our goals. Motivation is often impacted by the powerful emotion of fear, and there is quite a bit of fear these days. So what do we do?

### Intrinsic vs Extrinsic motivation

As adults, we know the topic of motivation well. We balance our parenting styles, work rhythm and self care techniques on a fulcrum of intrinsic vs extrinsic motivators. Intrinsic motivation is found within. It is that sense of purpose and drive that helps us accomplish a goal for our own satisfaction. Intrinsic motivation can lead to more interest, more enjoyment, more persistence, and more success.

Extrinsic motivation is powered by the offer of a reward or to avoid negative consequences or punishment. The best forms of extrinsic motivation provide feedback and reinforcement for completing a task or job well. There is no harm in helping one another out with accountability in this way.

- Model enthusiasm and interests in order to get students excited to learn, create projects and assignments that students can tailor to their interests to increase investment in the education process.
- Praise students frequently and provide constructive feedback as needed.
- Remind students our brains can 'time travel' and to JUST focus on the here and now, one thing at a time.

Research has found that optimal outcomes are achieved by establishing a balance between intrinsic and extrinsic motivation. Extrinsic motivation helps students become driven and competitive, while intrinsic motivation supports seeking knowledge for its own sake-independence. Ultimately, fostering both types of motivation helps students develop good study habits and an investment in learning. Often times, students AND adults "over-think" or "magnify" goals to seem unmanageable: listen, simplify, flexibility, focus. Remember, we can make 2021 be better year one action at a time.

Source: [resilienteducator.com](http://resilienteducator.com)



**Our growth model comprises eight attributes of wellness.**

TWC looks at these areas to gather information from the community on resources and opportunities for wellness.

## Motivation Links

### BE A MR. JENSEN: INSPIRATIONAL STUDENT/TEACHER STORY

### A+ MENTALITY FOR HIGH SCHOOLERS: MOTIVATION 4 STUDY BY MARCUS TAYLOR

### 3 TIPS TO BOOST YOUR CONFIDENCE

### HOW FOOD AFFECTS OUR MOTIVATION



# Forsyth Community Wellness News



## FREE GED CLASSES

Mondays & Thursdays  
6:30 pm - 8:30 pm

Begins January 11, 2021

## BEREAVED IN 2020:

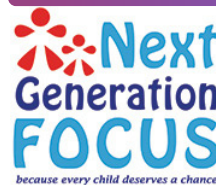
A SAFE SPACE FOR PANDEMIC GRIEVERS

Saturday, January 9th  
11am US PT | 2pm US ET | 6pm UK

Presented by:



covid  
grief  
network



Online Tutoring,  
homework and  
mentoring support

**In January: Forsyth Co. Local  
Data Review by Georgia Family  
Connection partnership [Click  
Here](#) for Forsyth Family well  
being statistics [gafcp.org](https://gafcp.org)**

*The Quarantine Blues?*  
*We believe it is possible for you  
and those in your home to  
experience health & wellness this  
winter, as well as share it with  
others. We want to help with that.*

Click here to refer a student  
learning virtually to receive a  
self-care package from FCS and  
the Forsyth County Total  
Wellness Collaborative.

WE ARE  
TEACHERS

Learning at home?  
Click Here for  
25 Amazing Educational  
Virtual Field trips!!



Be a Home Delivery Hero.  
Volunteer with less contact,  
check out [Mealsbygrace.org](https://mealsbygrace.org) to  
assemble or drive meals to  
Forsyth families in need.



Click here for a list of  
food items needed at  
The Place!



#StepUpFCS  
BACK UP



#StepUpFCS  
WASH UP



#StepUpFCS  
CLEAN UP



#StepUpFCS  
MASK UP



#StepUpFCS  
COVER UP



Read like a kid again! Reading  
Challenge 2021 with  
Forsyth County Public Library  
[Click Here for More info!](#)