

## W-3: Sustain energy to reach ambitious goals

**Eat, sleep, exercise**

Many corps members have shared that taking care of themselves physically is an absolutely essential part of sustaining their energy. Strategies include:

1. Maintain healthy eating habits – resist the temptation to skip meals or consistently eat on the go, take supplemental vitamins
2. Get plenty of sleep – “In order to be an effective teacher, you must take care of yourself. To ensure that I’m a “sane” Ms. Moody, I make sure that I am in bed every night no later than 10:30 pm. I simply have to be well-rested in order to be effective. All too often we tell our students to go to bed at night. The same must apply to us.” – Norledia Moody, Atlanta ‘04
3. Exercise regularly – if staying physically active is important for you, take steps to find a gym in your community, go on runs with friends before or after school, or even schedule an aerobics class in your weekly schedule

Echoing Ms. Moody, Chari Patterson (Baltimore '99) emphasizes the negative impact that not getting enough sleep can have on your students, and on your own sanity:

My parents and friends often expressed concern over the fact that I stayed at school late. The conversation always went, “How are you? Where are you? You’re still at school? Who else is there with you?” Very quickly, the custodians and I became close friends. Once my principal and I both stayed so late, we ordered pizza together. One night I had worked until 9 pm. I walked to my car with 2 bags full of more work to do once I got home. I knew I’d hit rock bottom when I sleepily loaded the overstuffed bags in my car. By the time I drove the 30 minutes home, I was so exhausted I couldn’t even pick the bags up. I left them in the car. Within 10 minutes I had collapsed on the bed for a short nap before I had to wake again to go to work. This was a cycle that was not sustainable. Often I noticed that I was more irritable than I’d normally be and I took it out on my students. It was not fair to them that my temper was short just because I had sleep-deprived myself. The impact went even deeper because it had a negative impact on how consistent I was with students. On a full night’s rest breaking a rule may have gotten a time out...on a sleep deprived night, my student would be in the office. If I didn’t get enough rest, I’d end up making everyone miserable.