Knowing Your Limits and Seeking Help – School Safety Meeting Kit

WHAT'S AT STAKE

Throughout our busy school days, we're often juggling multiple responsibilities and feeling the pressure to get everything done. Whether it's physical tasks, managing challenging situations, or even taking on more than we can comfortably handle, there can be a temptation to push ourselves beyond our individual limits. However, consistently ignoring our body's signals, our emotional capacity, and our situational awareness – and hesitating to ask for help – can have significant consequences. We risk not only immediate issues like injuries or errors in judgment but also the development of burnout, increased stress, and a less safe environment for ourselves and others over time.

WHAT'S THE DANGER

Ignoring our limits and hesitating to seek help might seem like acts of resilience in the moment, but they can lead to a range of potential dangers that impact our health, safety, and the wellbeing of our school:

- When we operate beyond our physical or cognitive limits (due to fatigue, stress, or lack of expertise), our judgment and coordination can be impaired, leading to mistakes and accidents that could harm ourselves or others.
- Attempting tasks that exceed our physical capabilities, without seeking assistance or using proper equipment, significantly raises the risk of strains, sprains, and other injuries.
- Consistently pushing ourselves beyond our emotional and mental capacity can lead to chronic stress, exhaustion, and

burnout, negatively impacting our overall health and job satisfaction.

- When we are not operating at our best, or when we fail to seek help in situations we are not equipped to handle, we can inadvertently create or exacerbate safety risks for students and colleagues.
- Hesitating to ask for help when facing a challenge can prolong the issue and potentially lead to more significant problems down the line. Early intervention and collaboration are often more effective.
- A reluctance to acknowledge limitations or seek help can hinder open communication and trust within the school community, potentially leading to misunderstandings and a less supportive environment.

HOW TO PROTECT YOURSELF

Alright, so looking out for ourselves and keeping things safe at school really boils down to knowing what we can handle – physically, emotionally, and in different situations – and feeling totally comfortable asking for a hand when we need it.

Recognize Your Boundaries: Pay attention to those little signals your body sends – feeling tired, achy, or just plain off. Same goes for your mood – if you're feeling swamped or stressed, that's important info too. Think about what you're good at and what might be a bit outside of your comfort zone. Being honest with yourself about all this is key.

Don't Hesitate to Seek Assistance: Let's make it a normal thing to ask for support. Whether it's needing an extra pair of hands to move something heavy, getting some advice on a tricky situation, or just feeling like you could use some backup, reach out to your colleagues, your boss, or whoever the right person is. It's a sign of being responsible, not weak!

Assess Situations Realistically: Before jumping into a task or a situation, just take a breath and think about what could go wrong and if you're really the best person to handle it solo. No shame

in admitting something might be more than you can manage safely.

Say What You Need, Clearly: If you're worried about being able to do something safely or well, or if you need some help, just say it! Be clear and respectful when you talk to others about it. Don't wait until you're totally overwhelmed or things are getting dicey.

Get Your Learn On: Take advantage of any training the school offers on safety stuff, emergency procedures, anything like that. The more you know, the more confident you'll feel, and you'll also be better at knowing when you might need some help.

Take Breaks and Manage Stress: Remember that being tired or stressed can mess with your judgment. Make sure you're taking breaks and using any stress-management resources the school offers. Staying within your limits is easier when you're not running on fumes.

Speak Up About Concerns: If you notice someone else who might be pushing themselves too hard or if a situation looks unsafe, don't be afraid to say something helpfully. We're all in this together when it comes to safety.

You Gotta Put Yourself First: Your health and well-being – both physical and mental – are what really matter in the long run. It's always the right call to ask for help or step back if you feel like you're getting close to your limit. It's better than getting hurt or making a mistake that could have been avoided.

FINAL WORD

Let's all make it a point to be honest with ourselves about what we can handle and to build a school where asking for help is just part of how we roll. Taking care of ourselves and looking out for each other makes for a safer and better place for everyone.