**MENTAL CARE**

Calmness: 
- Practice deep breathing techniques even when you feel under pressure.
- Remembering that kindness, respect and love are the most important things I can be teaching and modeling for my students daily!
- "Eat the elephant one bite at a time." Remind me not to do it all, and that each day I’m growing and learning. I am taking care of me by setting time for family and home!

**WORK-LIFE BALANCE AND TIME MANAGEMENT**

Cultivate the habit of being grateful for every opportunity, for your everyday life and give thanks continuously.
- Help us increase our happiness and positive mood, reduces our likelihood to experience burnout.
- This is because when you breathe deeply your blood pressure goes down and it really helps to relax me. The kiddos love to walk away, stretch your body, and get some fresh air. As they walk away, I tell them to put their hands behind me so that I can see them while in my zoom meetings.
- Put music on and dance for 10 minutes.
- Put some flowers around or light your favorite scented candles.
- Use a weighted blanket on your lap (that no one can see in my zoom meetings) and include flowers around, and others can see them while in my zoom meetings.

**PHYSICAL CARE FOR MENTAL CARE**

Join a yoga (or workout) class to stay hydrated, and accountable to your group.
- Stay hydrated. Drink water throughout the day. This is because when you are dehydrated, your body is more stressed.
- Do yoga stretching for 15 minutes, walk up and down the stairs 5 times, I live at the beach, so sometimes, I just go look at the waves.
- Stair climbing for 15 minutes.
- Dance for 10 minutes, walk up and down the stairs 5 times.
- Eat the elephant one bite at a time.
- "Eat the elephant one bite at a time." Remind me not to do it all, and that each day I’m growing and learning. I am taking care of me by setting time for family and home!

**SELF-CARE ADVICE FROM EDUCATORS FOR EDUCATORS**

**Self-care ideas**

- Set time frames for work to begin and end. Set times for work and times for home and try as much as possible to stick to them and not let them overlap. And then do not feel guilty about taking a break. If you have a set time frame, you will be more productive. I try as much as possible to stick to my established time for family and home. Also, set a ten to break, prioritize it, and from there create a daily schedule and check off things as you get them done. You will feel so accomplished!

- Join a yoga (or workout) class to move every hour or so. I take at least 4 breaks throughout the day to move for 15 minutes. Here are some things you can do:
  - Walk the plants in the yard.
  - Take a quick ride around the block on your bike.
  - Do yoga stretching for 15 minutes.
  - Gravel walk, no music.
  - Put music on and dance for 10 minutes.
  - Walk up and down the stairs 5 times.
  - Use a weighted blanket on your lap, or your favorite cozy pants (that no one can see in your virtual meetings).
  - Play flowers around or light your favorite scented candles.

- Create your own self-care plan, and get your team/manager involved in helping you implement it.

- Establish clear boundaries between work and home. Set times for work and times for home and try as much as possible to stick to them and not let them overlap. And then do not feel guilty about taking a break. If you have a set time frame, you will be more productive. I try as much as possible to stick to my established time for family and home. Also, set a ten to break, prioritize it, and from there create a daily schedule and check off things as you get them done. You will feel so accomplished!

**What educators are saying**

- "I am taking care of me by setting time frames for work to begin and end, setting times for bedtime, and actually stepping away from my computer and get some fresh air. As they walk away, I tell them to put their hands behind me so that I can see them while in my zoom meetings)."
- "I keep a running list of gratitude exercises to help you relax. They make me feel so much better."
- "I use a weighted blanket on my lap (that no one can see in my zoom meetings) and include flowers around, and others can see them while in my zoom meetings."
- "I am learning and applying breathing techniques when I am feeling stressed or when I have too much pressure go down, and it really helps to relax me. The kiddos love to walk away, stretch your body, and get some fresh air. As they walk away, I tell them to put their hands behind me so that I can see them while in my zoom meetings."
- "I am taking care of me by setting time frames for work to begin and end, setting times for bedtime, and actually stepping away from my computer and get some fresh air. As they walk away, I tell them to put their hands behind me so that I can see them while in my zoom meetings)."
- "I use a weighted blanket on my lap (that no one can see in my zoom meetings) and include flowers around, and others can see them while in my zoom meetings."
- "Eat the elephant one bite at a time." Remind me not to do it all, and that each day I’m growing and learning. I am taking care of me by setting time for family and home, and actively step away from home/parenting/social activities for designated ME time. It’s hard, but we will get through this!"

- "I tell my teachers to send a calendar invite to themselves to take a break for 20 minutes every 2 to 3 hours. Use them to do lists, and prioritize your tasks and projects, based on which you can create your daily schedule. Check things off as you get them done. You will feel so accomplished!"

- "I use a weighted blanket on my lap (that no one can see in my zoom meetings) and include flowers around, and others can see them while in my zoom meetings."
- "I am taking care of me by setting time frames for work to begin and end, setting times for bedtime, and actually stepping away from my computer and get some fresh air. As they walk away, I tell them to put their hands behind me so that I can see them while in my zoom meetings)."