

SELF-CARE ADVICE FROM EDUCATORS FOR EDUCATORS



Self-care ideas

What educators are saying



WORK-LIFE BALANCE AND TIME MANAGEMENT

Set time frames for work to begin and end; set times for bedtime, and actively step away from home/parenting/social activities for designated SELF time.

"I am taking care of me by setting time frames for work to begin and end, setting times for bedtime, and actively stepping away from home/parenting/social activities for designated ME time. It's hard, but we will get through this!"

Send a calendar invite to yourself, that lasts 20-30 minutes where you just "walk away" from your computer, and get some fresh air. As you walk away, stretch your body, and hum or whistle your favorite song.

"I tell my teachers to send a calendar invite to themselves that lasts for 20/30 min where they just "walk away" from their computers and get some fresh air. As they walk away, I tell them to put their hands over their head as if they were stretching (getting the brain juices back flowing) and try to hum/whistle their favorite song. You can't whistle when you're mad, lol. 😊"

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. Use 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

"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 not being able to do school work during your established time for family and home! Also, set a to-do list, prioritize it, and from there create a daily schedule and check off things as you get them done. You will feel so accomplished! Lastly, take the time to take care of your health. Before the pandemic, I exercised sporadically. Now I exercise for at least 35 minutes daily first thing in the morning. I have lost inches (not that much weight though), and I feel great! Invest in yourself!!! This is how I have managed to maintain my sanity during the pandemic."

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

"We encourage staff members to create their own self-care/wellness plans that we support in developing. Additionally, we provide adult self-care/wellness opportunities within districts that I facilitate. I have developed the Morale and Mindfulness Committee over the past few years that has focused on staff and embedding strategies for the classroom."



PHYSICAL CARE FOR MENTAL CARE

Join a yoga (or workout) class to stay motivated, and accountable to your group.

"I do movement breaks whenever I can. I try to drink lots of water during the day. And, I try to do yoga breaks with my class. When they do a yoga break, I force myself to do it with them, rather than any of the 102 teacher things that I could be doing!"

Stay hydrated. Drink water throughout the day, by committing to fill your water bottle 2 or 3 times a day, depending on its size—which is a good reason to stand up from your desk, take a few steps, and make it a movement break!

Move every hour! Take at least 4 breaks throughout the day to move for 15 minutes. If you are on a tight schedule, you can make them productive breaks -- Here are some things you can do:

- Water the plants in the yard,
- Take a quick ride around the block on your bike,
- Do yoga stretching for 15 minutes,
- Grab a bite and eat standing up,
- Put music on and dance for 10 minutes,
- Walk up and down the stairs 5 times, and consider it a workout,
- Go outside to look at the beauty of nature

"One thing I do is move every hour or so. I take at least 4 breaks throughout the day to move for 15 minutes. Here are some things I do: Water the plants in the yard, quick ride around the block on my bike, yoga stretching for 15 minutes, eat standing up, put music on and dance for 10 minutes, walk up and down the stairs 5 times, I live at the beach, so sometimes, I just go look at the waves for a few minutes."

Use a weighted blanket on your lap, or your favorite cozy pants (that no one can see in your virtual meetings). Place flowers around you, or light your favorite scented candles.

"I use a weighted blanket on my lap (that no one can see in my zoom meetings) and include flowers behind me so that I can see them and others can see them while in my zoom meetings."



CALMNESS

Extend patience and grace to yourself, and remember that no one can do it all. Keep a positive attitude and a growth mindset, and try to model good values, respect, kindness and love to your students as well as to your colleagues.

"Eat the elephant one bite at a time" "Remembering I can't do it all, and that each day I'm growing and learning. Remembering that kindness, respect and love are the most important things I can be teaching and modeling for my students right now."

Breathe! Use breathing techniques and exercises to help you relax. They make your body feel like it does when you are already relaxed. Deep breathing is one of the best ways to lower stress in the body. This is because when you breathe deeply, it sends a message to your brain to calm down and relax.

"I am learning and applying breathing techniques even when I am alone. I can feel my blood pressure go down and it really helps to refocus me. The kiddos love to see us all breathing together."

Cultivate the habit of being grateful for every good thing in your everyday life and give thanks continuously. Gratitude helps us increase our happiness and positive mood, reduces our likelihood to experience burnout, encourages our development of patience, humility, and wisdom and lowers our levels of cellular inflammation, for a better sleep.

"I keep a running list of gratitude and share it with my students daily!"