

# SELF CARE FOR EDUCATORS

Taking care of ones self by mentally and physically preparing for a return to school is one way to re-enter the school year fully charged and ready for any scenario we may face as educators.

## TAKE TIME

What are hobbies or activities do you really love to do? When was the last time you really had a moment to enjoy them? Find that time, create space for it. Schedule it in your calendar so that it has a place in your day.



## EXERCISE

Take charge of your health and add daily physical activity to reduce stress, strengthen your heart and lower your blood pressure. Walking is one of the easiest exercises you can add into your daily schedule. Take care of your heart, its a teachers strongest muscle.

## YOU CAN'T POUR FROM AN EMPTY CUP

Taking care of yourself is difficult when you put you at the bottom of your priority list. What motivates you? What intrigues you? What have you done lately that only benefited yourself? Use these questions to help fill your cup.



## COMMUNICATE

Talk to your colleagues about what is working for them. Compare strategies that help you connect to yourself outside of school. .

## STAY CONNECTED

Subscribe to educational newsletters, professional journals that are specific to your subject, well being and motivational podcasts. These media outlets provide multiple ways that promote self care as well as connecting you to educators around the globe.

