



Self-Love and Self-Care

WHAT TEACHERS NEED TO KNOW

The Basics

Self-love is regard for one's own well-being and happiness, while self-care is the practice of taking action to preserve or improve one's own health.

Types of Self Care

- Spiritual
- Emotional
- Physical
- Mental
- Practical
- Social

Exploration

- Meditation, Worship service
- Therapy, journaling
- Sleep and exercise
- Reading, solving puzzles
- Budgeting

Tips to Improve Self-Care/Love

- Set healthy boundaries and limits for yourself-it's okay to say no!
- Cultivate and practice self-compassion
- Acknowledge and name things you like about yourself
- Make a list of "daily wins" both internal and external
- Commit to and name ONE thing you can and will do after today that cultivates and maintains your personal self-love

Additional Resources

[Self-Compassion meditations](#)

[How to choose the right therapist](#)

[Self-Compassion Ted Talk](#)