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