



JANUARY: SELF CARE

– What Teachers Need to Know –

The Basics

Self-Care means taking the time to do things that care for your mind, body, and spirit. Self-care is vital to maintaining a healthy relationship with yourself. It supports overall health and well-being. Teaching can be a stressful job, and oftentimes educators are encouraged to focus their energy on others and are then left with little energy to focus on themselves. Self-care is not selfish, as focusing on your well-being can help you to avoid burnout and feel more satisfied in your job.

Consider This:

Self-Care is not only taking the time to care for yourself, but also includes setting healthy boundaries at home.

Boundary setting may include:

- Trying to limit taking home any work
- Logging off school emails during the weekend and after work hours
- Letting students' parents know that you will not respond to text messages or phone calls after hours or on weekends
- Ensuring you set aside time for you during the weekend to unwind, rest, and recharge
- On your break during the school day, be intentional about stepping outside the school environment, taking a walk, or taking the time to eat and enjoy your lunch
- Find a colleague who can be your accountability partner in supporting your boundary setting efforts

Self-Care Practices:

1. Build social connections with people who support you
2. Get outside- take a walk, hike, or bike outside to unwind and relax
3. Practice mindfulness or meditation
4. Create a self-care plan- think about what calms you; what fills you with joy; and what ups your mood when you feel stressed—focus on these practices as a part of regular self-care

Additional Resources

- Article: [Creating Boundaries](#)
- Video: [Self Compassion Meditation](#)