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## SELF-CARE STRATEGIES FOR: EDUCATORS



### MAKE IT A ROUTINE

Establish a personal routine of self-care on a regular basis. Avoid waiting for stress to build up or run over. It's important not to cancel or neglect your routine when work piles up.



### CONNECT TO YOURSELF

Attend to your basic needs: get enough sleep, drink water, eat healthy foods, and connect with nature through exercise and relaxation. Stay present by taking a few minutes between activities to focus on your breath.



### CONNECT TO OTHERS

Create and nurture a supportive network of friends and family. Connect with your colleagues to foster peer support groups that allow you to share best practices, and build relationships. Work with your school to create a culture of caring for faculty. Schools need to provide accommodations & resources to improve their staff's health and well-being.



### OBSERVE YOURSELF

Pause. Carve out time to pay attention to your well-being. Notice the early signs of burnout, such as increased fatigue, irritability, impatience, or feeling down.



### TAKE TIME TO REFLECT

Consider how your experiences are impacting you, in both painful and rewarding ways. Self-reflection will help you to articulate your personal growth and future goals.



### SEEK FORMAL SUPPORT

Take care of your emotional, mental, physical and spiritual needs through activities and resources. Seek professional support when you think you may need it.