

When you need to invest
in a better you: Self-care

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Rock...

Yes!

What?

Thoughts?

What comes to mind when you think about investing in a better you?

Survey

Please fill out self-care assessment: 5 mins

<https://www.youtube.com/watch?v=Atnflx2ycfU>

What is Self-Care?

- Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook. Good self-care is key to improved mood and reduced anxiety. It's also key to a good relationship with oneself and others.
- Simply Put: *Caring For Yourself So You can Care For Others*

Self-Care for Teachers Video

<https://www.youtube.com/watch?v=5O5QIqlDxjg>

Write down 3 things that stand out to you in the video as you watch.

Why is self-care important?

Why: **Avoiding burn-out: You cannot care for others if you do not take care of yourself.**

Why: **To enable you to be an effective teacher. If you are tired, either emotionally or physically, you cannot do your job well.**

Why: **So you can model good balance and healthy boundaries to your students and co-workers.**

Following are several strategies to help you care for yourself more effectively:

Set Healthy Boundaries

Say yes when you mean yes and no when you mean no. Recognize your limits, and do what is most important. Trying to be super-teacher has consequences (mostly negative ones). No, you cannot leap over tall buildings in a single bound!

Take Breaks Often

You will be amazed at what a five minute break will do. Whether it's spent just relaxing your brain and body, eating a healthy snack, or meditating, you will be rejuvenated so the work you do is more efficient. Set a goal to take a five minute break at least every hour.

GOOD TEACHERS
KNOW
© First Grade Fun Times
THAT SOMETIMES
YOU HAVE TO STOP
AND JUST BE SILLY
FOR A FEW MINUTES.

Silly Face

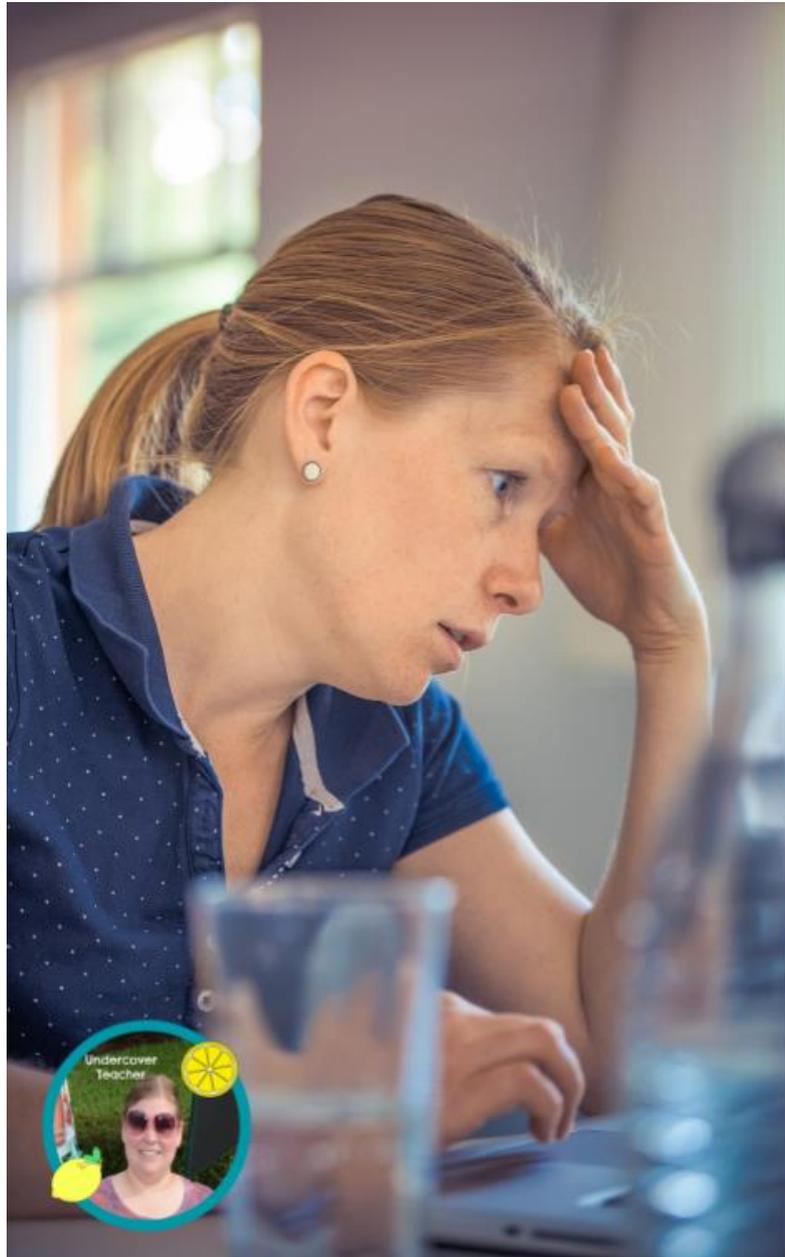
Exercise

Research shows that exercise can help increase energy, improve concentration, and decrease stress and depression. It also allows you to focus on yourself and take care of your body. Both are important for reducing burn-out.

Know Your Own Threshold For Stress

Recognize the first signs of stress. These may include increased heart rate, change in appetite, fatigue and irritability. Pay attention to what triggers stress for you and either avoid those situations or learn relaxation techniques so you can manage your stress effectively. Modeling these skills for your students will teach them how they can handle their own stress. Focused breathing and deep muscle relaxation have been proven to work.

Self-Care For Teachers by Anne Brunette, MSW, Family Therapist



TEACHING

should be
joyful,
not
stressful!
Teachers
need to
make
themselves
a priority,
too!

~Undercover Teacher

3 Activities That Release Stress

Do these things consistently. Planning ahead of time to prevent stress or becoming aware of what you can do when you become stressed will help decrease burn-out.

Stresser Survey: Take 3 mins

<https://www.youtube.com/watch?v=do1encCa5TU>

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Start Your Day On a Positive Note

Begin your day by doing something that lifts you up and makes you feel good. It may be enjoying quiet time in meditation or prayer, thinking about the positive things that are in store for you that day, taking a walk or conversing with your spouse about positive things. What you do first can set the tone for how you manage your entire day.

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Positive
Note
Example

To the world
you may be just
a teacher but to
your students
you are a **HERO!**



Self-care Routines?

Where is your time going? (take the survey)

https://www.youtube.com/watch?v=A9XMAcBw7_w

What can you do to self-care?

Self Care Routine Ideas

MINDFUL TEACHING BY THE NUMBERS

IT ONLY TAKES **5** MINUTES TO HAVE A HEALTHY SNACK. BE SURE TO STOCK UP ON SOME OF YOUR FAVORITES.

3 deep breaths can calm you down. Try it right now. Don't you feel a little better?

There are never more than **24** hours in a day. Don't try to pretend otherwise. It doesn't help.

100% OF TEACHERS FEEL OVERWHELMED FROM TIME TO TIME. SO CUT YOURSELF A LITTLE SLACK, OK?

ZERO: NUMBER OF PEOPLE WHO WILL BENEFIT IF YOU HAVE A NERVOUS BREAKDOWN. TAKING CARE OF YOURSELF IS NOT A SELFISH ACT.

You only need **1** other person to start a support group. Is there someone you can ask for help today?

Self-care Routines Ideas

 **Sip Some Water.**
Or guzzle it if you have to. Just stay hydrated, OK?

How long does it take to eat a sandwich?  **Pause for Lunch**
Do you really have to work all the time?

Quick Sanity Breaks for Mindful (but Busy!) Teachers

Gaze out the Window  Rest your eyes and your mind

Connect with Nature  Is there a trail nearby? A tree to sit under? Can you at least find a picture to look at?

Stand up. Move Your Body  Walk around. Stretch it out.

 **Blow off Steam**
Let it all out. Then let it go...

MindfulTeachers.org

Things you can do during the day:

Write out a plan for yourself

https://www.youtube.com/watch?v=ZbZSeGN_BXs



Hope is being able to see that there is light despite all of the darkness.

DESMOND TUTU

Use the surveys or pictures to help you figure out a healthy self-care routines and make it a priority to actually do it!

Questions?

You **Must** Incorporate
a **Self-Care Routine**
into your **Daily Life.**



Tetraktys

HERE'S HOW.

WWW.THETETRAKTYS.COM

Self-Care Funny

<https://www.youtube.com/watch?v=pTgOLLmTQIo>

What do you notice in the video?