

## Option 1: Self-Care for Educators

*You cannot teach what you do not know, you cannot give what you do not have...*

Consider the following questions for reflection:

1. What do you need in order to operate at your highest-functioning self?
  - a. What do you do (or wish you did) for self-care?
  - b. Consider this list of some self-care essentials below and self-evaluate on a scale from 1-10 how you are engaging with each factor (with 1 indicating low/unhealthy engagement and 10 indicating high/healthy engagement). For those that rank low, make a plan that includes accountability or help.

Self-Care Essentials:

- Sleep
  - Exercise or active movement
  - Healthful eating habits (including regular meals)
  - Healthy boundaries (including reasonable work hours and the ability to “clock out”)
  - Taking breaks (even when you don’t feel you have the need or time for them)
  - Leaning into support systems (family, friends, colleagues who provide encouragement and promote positive/healthy life-choices)
  - Mental health maintenance strategies (this will look different for different individuals but could include meditation, breathing techniques, engaging with spiritual/religious practices, etc.)
2. What are your coping strategies?
    - a. Identify one positive coping strategy. How can you set up your environment to more easily engage in this coping strategy?
    - b. Identify one negative coping strategy. How can you set up your environment to more easily make a more productive decision for coping?
  3. Create a plan. Share your plan with at least one individual who will keep you accountable.

## Resources:

Self-Care for Educators:

[https://www.nctsn.org/sites/default/files/resources/self\\_care\\_for\\_educators.pdf](https://www.nctsn.org/sites/default/files/resources/self_care_for_educators.pdf)

University at Buffalo Self-Care Starter Kit:

<http://socialwork.buffalo.edu/resources/self-care-starter-kit.html>