

Virtual Self-Care Room for Educators



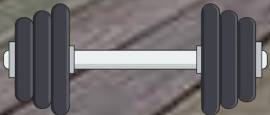
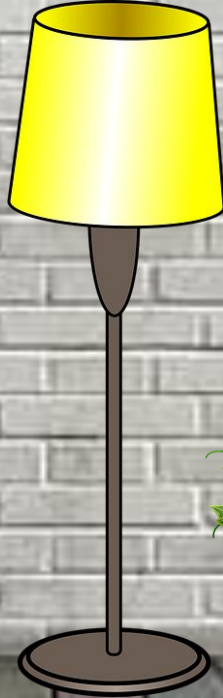
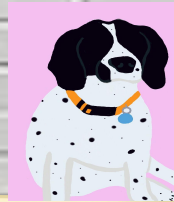
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Self-Care for Educators - Directions

1. Enter the self-care room by clicking on the blue door. There is a self-care assessment available to help you decide in which area(s) of self-care you might like to begin practice.
2. The items in the room represent the areas of self-care and include checklists of suggested activities to explore or try.
3. Also included in each item, are resources to help you find research, informational articles, podcasts, music, meditation links, apps that will help you along the way.
4. After choosing an area of practice, decide on the activities that suit your needs. Choose the same activity for the period of one week, or choose a variety, to complete a self-care activity daily for the week.
5. During the week of practice, observe, reflect and journal before and after the activity. How did you feel before? And after? Did you make any other observations, such as how it affected sleep, diet, personal interactions? (Click on the green notebook in the room for a template).
6. Complete the same process within the other areas of self-care. Complete at least 4 weeks of activities including journaling and reflection.
7. At the end of the 4 weeks, write or reflect upon how practicing self-care has or has not made a difference in your life and decide if you plan to continue.
8. Create a calendar for one month and record self-care activities. Complete one month at a time, and remember to be flexible.



Taking Care of
Ourselves as
TEACHERS



Each object leads to a list of books, articles, podcasts, or different types of self-care activities that qualify under each category.

Dumbbell: Physical self-care

Poster: Work/professional self-care

Candle: Spiritual self-care

Lamp: Psychological self-care

Plant: Relational self-care

Kleenex box: Emotional self-care

Door: A starting place with the self assessments and sample 2 week plan

Headphones: A list of podcasts, soothing music, video clips that walk through meditations, & apps

Book: Link to the books we are using

Notebook: A link to a blank self-care plan for the school year for people to use

Water bottle: An article about goal setting

Clock: An article about time management

Cat: An article about how animals help your mood

Yoga mat: Link to SarahBethYoga