

INCLUDES 6 HANDOUTS WITH IDEAS FOR PRACTICING SELF-CARE

WAYS EDUCATORS CAN PRACTICE SELF-CARE DURING THE SCHOOL DAY

Practice deep breathing

Talk to someone you enjoy

Make a plan

Use a special pen

THERE IS ALWAYS TIME FOR SELF-CARE

5 MINUTES

- Meditate or pray
- Make a list of things you're thankful for
- Take deep breaths
- Drink water
- Stretch
- Send a text message or e-mail to a friend
- Notice how you're feeling
- Look in the mirror and tell yourself something positive

AN HOUR

- Work or play outside
- Watch a show that you love
- Take a nap
- Catch up on chores
- Do a puzzle
- Exercise
- Have a picnic outside
- Clean or organize a room in your house
- Try a new craft
- Make a new recipe

WAYS STUDENTS CAN PRACTICE SELF-CARE DURING THE SCHOOL DAY

TYPES OF SELF-CARE

PHYSICAL

- Exercise
- Get enough sleep
- Eat healthy foods
- Drink enough water
- Deep breathing
- Go to the doctor and dentist as needed
- Keep up with personal hygiene
- Take prescribed medications
- Stretch

EMOTIONAL

- Write down your feelings
- Pray or meditate
- Do something relaxing if you feel stressed
- Talk to someone about how you feel
- Make a list of things you love about yourself
- Write a positive note to yourself and put it where you can see it
- Make a list of positive coping skills

SELF-CARE YEAR ROUND

SPRING

- Go for a walk

SUMMER

- Make goals for the summer
- Plan a fun trip or vacation
- Make a refreshing drink or snack
- Organize or clean something outside
- Get ice cream with a friend
- Stick to a bedtime routine
- Get a haircut
- Write a positive note to put on your mirror
- Wear sunscreen

WINTER

- Watch your favorite movie
- Do something kind for someone else
- Make something
- Listen to your favorite holiday music
- Take a warm bath
- Rearrange something in your house
- Set goals for the new year
- Start a journal
- Play a game with someone

MENTAL

- Make a plan
- Learn a new skill
- Read a book
- Organize something
- Make a piece of art
- Try a new recipe
- Do something you've been putting off
- Watch a movie or TV show.
- Listen to music
- Do some gardening
- Decorate or rearrange your room

SOCIAL

- Spend time with friends and family
- Plan a social event
- Call someone you haven't seen in a while
- Say no to something
- Set and protect healthy boundaries
- Be honest with the people around you
- Eat a meal with a friend
- Ask for help
- Meet a new friend

AM I FEELING...



UPSET? NERVOUS?

AM I...

Talked to someone?
Took a bath? Made a plan?
Got enough sleep?
Did something creative? Gone outside?
Asked for help?
Ate healthy food?

INCLUDES 5 HANDOUTS TO HELP WITH ESTABLISHING SELF-CARE RHYTHMS

SELF-CARE JOURNAL PROMPTS

1. How am I feeling right now?
2. How have I been feeling over the past week?
3. What am I looking forward to?
4. What has made me feel energized today?
5. What has made me feel energized this week?
6. What should I say yes to? What should I say no to?
7. What makes me feel most relaxed?
8. What do I love about myself?
9. What are habits I can form to become...?
10. What would an ideal day look like for...
11. What are some new things I've been...
12. What are some things I've been putting...
13. What can I do in the morning to get...
14. How is my sleep? What can I do to...
15. What goals do I have for the day? W...
16. How am I doing on my goals?
17. Is there anything I need to let go of?
18. Are there any decisions I need to ma...
19. Who makes me feel the most energiz...
20. Who are the people I can talk to abo...
21. In what ways am I caring for the pe...
22. What am I thankful for today?
23. How am I feeling about myself right...
24. What are my favorite inspirational a...
25. Do I need to ask anyone for help?
26. Am I spending too much time on tech... better balance?
27. What is a creative activity I have be...
28. What songs put me in a good mood?
29. Who haven't I connected with in a wh... to?
30. What has been keeping me from taki...
31. Am I managing my time well? Why or...

I CAN BE KIND TO MYSELF

I can make a difference.

I make the world better.

I am enough.

I am important.

I am brave.

I am proud of myself.

I will reach my goals.

I can do hard things.

I can do this.

I am loved.

WHY SELF-CARE MATTERS

According to research, self-compassion and self-care can lead to increased:

MAKING A SELF-CARE JAR

WHAT IS A SELF-CARE JAR?

A self-care jar is a jar or container that is full of self-care ideas. When you are feeling overwhelmed, anxious or like you need a little break, you can reach into the jar to get ideas to do from the jar. You can use the jar at home, at work, etc. so that

HOW TO MAKE A SELF-CARE JAR?

There are many different ways to take care of yourself. You can write ideas on paper, popsicle sticks, or index cards. Color code them by amount of time it takes to do. Make sure to put a wide variety of ideas in there so that you can take care of yourself no matter how you are feeling.

WHY MAKE A SELF-CARE JAR?

Sometimes, when we feel overwhelmed or stressed, it can be hard to take the next step. We might know that we need to take care of ourselves, but we're not sure how. The self-care jar gives us a way to get ideas about what to do. The jar can provide a visual reminder of the need to prioritize self-

10 WAYS TO UNPLUG

- 1 Go one day without social media.
- 2 Put your phone out of reach when you're with others.
- 3 Have tech-free dinners.
- 4 Set time limits for certain apps.
- 5 Don't bring your phone into your bedroom.
- 6 Go outside without your phone.
- 7 Delete addicting apps from your phone.
- 8 Don't use TV to fall asleep.
- 9 Find a hobby that doesn't involve technology.
- 10 Turn push notifications off.

THESE HANDOUTS ALSO COME IN BLACK AND WHITE, AND ARE PERFECT FOR:

- Using with students, parents or teachers at your school who are looking for support with self-care
- Giving during professional development at your school focused on self-care
- Keeping copies in your office or classroom for parents, staff and students
- Displaying the handouts in your office or classroom
- Creating a self-care bulletin board using these handouts
- Sending out e-mails to staff at your school with these handouts to encourage wellness and self-care

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