



Ready
Aim
Teach

Self Care Tips for Teachers



Move Your Body

Even with limited time, there are always healthy practices you can implement throughout the day to keep you active and flexible. Consider stretches in between teaching (like moving from your desk to another room). Practice daily walks, no matter the length, the fresh air will refresh you. Yoga and pilates are great low impact exercise routines that can work for all ages and mobility levels.

You might even consider some activities from popular [gonoodle.com](https://www.gonoodle.com) or another student movement site if you are looking for quick and fun ideas.

Movement helps get the blood moving throughout your body and helps prevent weariness that taxes your personality and perspective.

Take Some Time Outdoors

Even just a few minutes outside to clear your head will do wonders for your mental clarity and disposition. Breathe in the fresh air with some deep breathing exercises as your circle your arms or stretch side to side. This is a great stress reliever and simple to practice throughout the day.

Pick Up The Phone

Social connections are so important right now, and even a two-minute conversation with a friend or loved one might bring you some joy. You might also organize a family or friend Zoom call, but if you're using Zoom with students, a phone call might be just the change of pace you need.

Ask For Support

Is there someone who can help with chores or getting dinner ready? Might there be someone in your family who could watch a little one while you record a lesson? Asking for help doesn't make us weak, it makes us human.



Ideas compiled in conjunction
with Gretchen Naumoff



Set a Timer For The News

It's easy to get consumed by the news these days. Set a timer, allowing yourself time to be well-informed without getting bogged down.

Establish Work Hours

Now that your home has also become your temporary school building, it's potentially easy to work from early in the morning until very late at night. While you might be feeling the desperate need to work more right now, it isn't sustainable and definitely not healthy. Establish a time you will "leave work," and then allow yourself to be finished for the day. Or perhaps consider "chunking" your work hours. Just be sure you are balancing those hours with time for yourself and your family,

Say "No"

Saying, "no," is freeing, liberating, and often not done enough. We are creatures of multi-tasking and people-pleasing. If saying "no" seem challenging, consider these alternatives: "Thank you for asking, but right now my plate is full." "This no is for today, not forever." Imagine the empowerment you will feel and how you might inspire the receiver.

Give Yourself a Break

We are all finding ourselves in a new environment with new expectations and new pressures. Remember that you are doing the best you can. Be good to yourself. Your students will be okay. Students everywhere are all in the same situation. Your students will not be "behind" - everyone is in this together.

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Create a Gratitude Journal or List

Start or continue with a list of things you feel grateful for. Consider adding one new item per day. You might do this by yourself or as a family. Refocusing on the positive allows you to re-engage as you face the challenges at hand.

Take a Mindful Minute or Try Meditation

We may suggest "mindful minutes" for students, but imagine the power of taking just that minute for yourself. If this is a new practice for you, just follow these easy steps:

- Close your eyes
- Practice taking 6 - 8 slow breathes (inhale deeply and exhale slowly)
- Picture a calm, peaceful setting or your "happy place"
- Open your eyes