

# Self Care for Teachers

The term 'Self-care' is thrown around a lot these days, but it's an essential skill for teachers who give so much to their students, schools, and communities. Self-care involves regular engagement in activities and practices that reduce stress and maintain wellness. This is especially important when navigating the challenges that have accompanied COVID-19.

Self-care can be conceptualized into five categories: **Emotional, Physical, Psychological, Spiritual, and Professional**. The Northwestern CSB Prevention Department wanted to share with you some of our favorite resources for practicing self care in each of these categories (which can be found on the next page).

If you're asking yourself, "where do I begin?," you might consider starting with a self-care assessment, in order to check-in with yourself. University of Buffalo has a great [step-by-step guide](#) to getting started. The key to self care is that it **should be flexible, and it should feel right for you.**

We're also compiling helpful resources in the [YRA COVID-19 Resource Guide](#). **Please know of our support for you, and our gratitude for the work you do!**



## Emotional

- Social support in the time of COVID-19
- Developing your support system
- 5 ways to take care of yourself emotionally
- 25 daily affirmations

## Physical

- Yoga poses to relieve stress
- Desk stretches
- Tips for better sleep
- Compilation of free online workouts

## Spiritual

- Keeping a gratitude journal
- Meditation for beginners
- Questions and prompts for daily reflection
- 15 easy ways to spread kindness

## Psychological

- Mental Health America Stress Screener
- Building resilience during a pandemic
- Tools for mindfulness
- Sleep, meditation, and relaxation support

## Professional

- Weaving self care into the workday
- Self care for teachers of traumatized students
- Curbing burnout during a pandemic
- Self-compassion as a tool to prevent teacher burnout

