



9 Self-Care Tips for Educators

Why self-care? By prioritizing your own mental health and well-being, you'll have more positive energy to care for yourself, students, and their families.

1. **Lay the groundwork.** Self-care *must* be a priority. Honestly assess other activities in your life that *aren't* necessary to make more time for self-care. Then schedule in self-care the same way you do other priorities. Scheduling it in makes it more likely to happen.
2. **Set healthy boundaries for your time.** For example, you might need to be more firm about when you do and don't work on weekends. By setting healthy boundaries for work, you'll have more time for the things that alleviate stress and make you feel good.
3. **Choose fun things to do in advance.** Even trying to decide what to do when you have a spare moment can be stressful! In advance, choose a couple of things you consistently look forward to doing and can realistically build into your schedule.
4. **Take a short break.** You are a human being, not a machine that can operate all day! Even 10 minutes of clearing your mind can make a difference. A key is finding ways to schedule it in.
5. **Connect with other teachers.** Try to schedule a regular check-in with colleagues, once a day or once a week. This can be a way to support each other and talk through common challenges you face.
6. **Spend time with a pet.** If you have a pet, take advantage of it! Pets can provide mental health benefits to their human companions and entire families.
7. **Stay organized.** Think about it – when chores are in disarray, it increases stress. Finding effective ways that work for you to keep your life in order is essential in caring for yourself.
8. **Celebrate your successes.** Remember self-compassion! You chose this work for a reason, and celebrating your successes is not just well-deserved, but important to your well-being.
9. **If you get stuck, seek professional support.** When feelings of depression, anxiety, or stress begin to regularly interfere with work and life, scheduling an appointment with a mental health professional may be extremely valuable.

**Thanks for all you do to support the young people in your life.
It really makes a difference.**

To learn more about self-care for teachers, visit us online:
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