

Self-Care Practices Quick Guide for Educators

1. Emotional Self-Care

- **5-Minute Practice:** Write down three things you're grateful for today.
 - **Try:** End each day with a quick journal entry about what went well.
 - **Gratitude Practice:** Note three things you're grateful for daily. Recommended **App: Grateful** - a simple gratitude journal app.
 - **Mood Check-In:** Pause to ask, "How am I feeling right now?" and acknowledge those emotions without judgment.
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2. Physical Self-Care

- **5-Minute Practice:** Try a quick breathing exercise: breathe in for 4 counts, hold for 4, exhale for 4, and hold for 4. Repeat for 5 cycles.
 - **Stretch It Out:** Take a few minutes to stretch your neck, shoulders, and back to release tension.
 - **Grounding exercises:** Make time to feel your body in space, notice your toes, the weight of your body in a chair, the muscles in your next etc.
 - **Recommended Resource: YouTube** - Search "5-minute stretches" for guided videos.
 - **Hydration Goal:** Set reminders to drink water throughout the day. **WaterMinder** app for hydration tracking.
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3. Social Self-Care

- **5-Minute Practice:** Send a quick message to a friend or colleague you appreciate.
 - **Connect:** Schedule a short coffee break with a supportive colleague each week.
 - **Social Media Limits:** Spend less time on social media to avoid burnout. Practice less screen time especially at night, before bed.
 - **Recommended Tip:** Consider forming a "support circle" where colleagues can share wins and challenges once a week.
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4. Professional Self-Care

- **5-Minute Practice:** Take a "micro-break" every hour—stand up, stretch, and step away.
 - **Set Boundaries:** Avoid checking work emails outside of school hours if that is not possible set limits around how much work you will do.
 - **Personal Development:** Take time for a course or book that interests you.
 - **Reflect on Successes:** Spend time acknowledging your progress and wins (even small ones, sometimes it is hard to see or acknowledge progress).
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5. Mental Self-Care

- **5-Minute Practice:** Try “box breathing” or a quick 1-minute meditation to reset.
 - **Reflect:** Spend a few minutes daily on something positive you achieved or learned.
 - **Positive Visualization:** Visualize something you’re looking forward to, a goal you’d like to achieve, or your happy place.
 - **Recommended App: Insight Timer** - Free app for short meditations, breathing exercises, and relaxing music.
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Take a moment to commit to one small self-care action for the week:

- **This Week, I Commit To:** _____