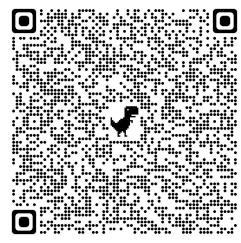


<https://www.naeir.org/>



NCSLMA 2023 ANNUAL CONFERENCE

Enchanted Self-Care: Empowering
School Librarians to Harness the
Magic Within



C.A. Chauncey
chauncc@gcsnc.com
[@chaunceymedia](#)

Brian Whitson
brian.whitson@dpi.nc.gov
[@scibri](#)

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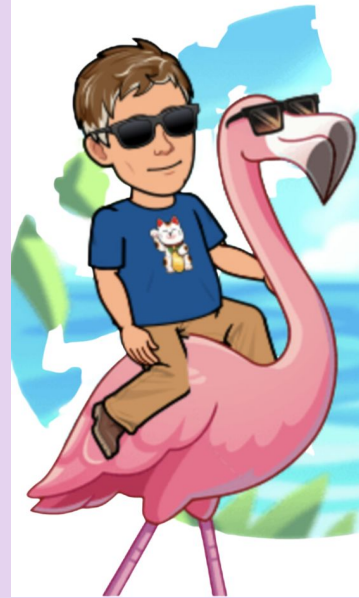
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*C.A.
Chauncey*

Media Coordinator, Ben L Smith High
School -Greensboro NC

Reader, Swimmer, Walker, Crazy Cat
Lady



*Brian
Whitson*

Digital Teaching & Learning Consultant
NC Dept of Public Instruction

ISTE Standards: Coaches

4.2 Connected Learner

Pursue professional learning that deepens expertise in the ISTE Standards in order to serve as a **model** for educators and leaders.



ISTE Standards: Educators

2.6 Facilitator

Model and nurture creativity and creative expression to communicate ideas, knowledge or connections.



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What we look like in the summer



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What we look like during the school year



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Or maybe
like one of
these?



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Resting teacher face



Show me your best resting teacher face
<https://flip.com/6ca12365>



Why is self-care so important?



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Burnout

According to a June 2022 poll, K-12 workers have the highest burnout rate in the United States.



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Station 1

Setting boundaries and Saying No

- Set time boundaries
- Ask for help
- Be direct and honest
- Say yes to things you want to say yes to



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Station 2

Relaxation Methods

- Breathing exercises
- Music therapy
- Yoga
- Coloring
- Meditation
- Getting Outdoors



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Station 3

Practice Mindfulness

- What is mindfulness?
- How can practice mindfulness?
 - Breathing exercises
 - Mindful walking (Rainbow walk)
 - Body Scan
 - Journaling



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Station 4

Build your own self care bag

- What thing do you need to get you through a bad day or class?
 - Chocolate
 - Stress Toy
 - Good book to read
 - Journal to write in



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- Why is self care so important?
- Do you feel better prepared to practice it?



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- What do you do as self-care?



Please share on the Reflection Jamboard
bit.ly/2023NCSLMASelfcareReflection



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Let us know how we did!

<https://bit.ly/magicfeedback2023>

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[@scibri](#)

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