

# SELF CARE

## A Guide for Educators

The importance and benefits of self-care extend to every profession, but within some careers it is more stigmatised than in others. People in caregiving positions like educators, for example, often find it easier to tell others to take care of their health than to do so themselves. Since educators are encouraged to focus so much energy on others and so little on themselves, self-care is necessary to maintain good mental health, prevent stress and effectively deal with the demands of the profession.

### Take planned breaks

Since teaching can be socially overwhelming, make sure to plan at least 10 or 20 minutes a day where you can take a break and decompress by yourself.



### Be Compassionate

Without a sense of compassion for yourself, you can't practise positive self-care. If you struggle with low confidence levels or if you aren't able to meet your targets for the day, be compassionate and give yourself the room to be flexible.



### Self Care Pack

Bring a self-care "emergency pack" to school with things you enjoy so you can de-stress during your break if needed.



### Recognising Emotions

Learning to recognize and process your emotions can lead to healthy self-care habits. Keep a journal and write in it to work through difficult teaching days when you feel overwhelmed

