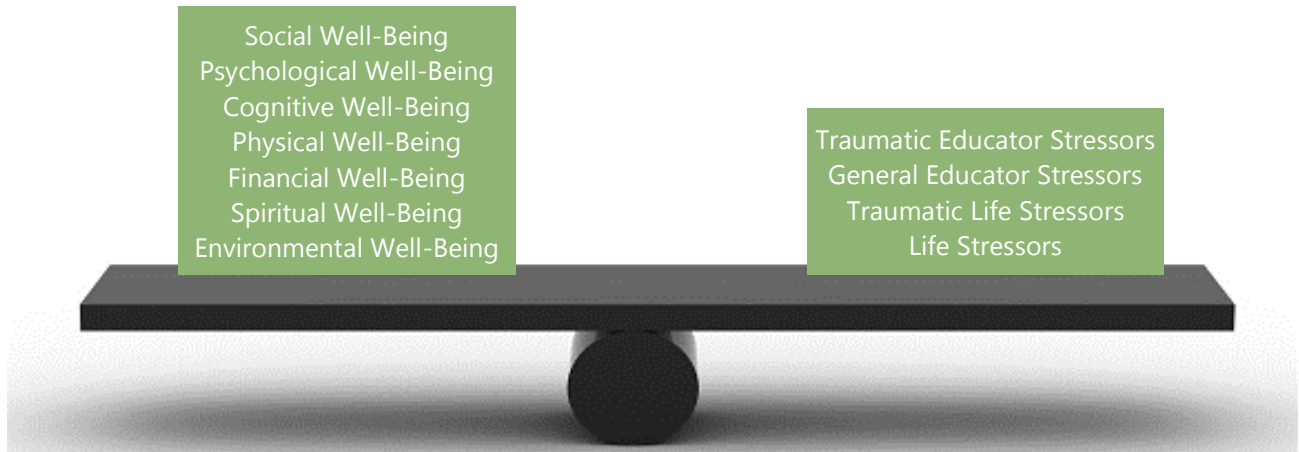


Well-being can be conceptualized as the balance between your resources and the stressors that you face. Your well-being remains balanced when you have sufficient resources to meet the challenges that you encounter.

Balancing Stressors With Well-Being Resources



Self-Care Begins With Small Steps

Taking the time to maintain your health is one of the best things you can do for your students because your well-being is related to your ability to nurture their growth.

Set Emotional Boundaries: boundaries help to maintain the connection you are making with the person, while honoring the fact that you are your own person with your own thoughts and feelings.

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| <ul style="list-style-type: none"> • Name your limits • Tune into your feelings | <ul style="list-style-type: none"> • Give yourself permission • Practice self-awareness • Be direct | <ul style="list-style-type: none"> • Consider your past and present • Make emotional health a priority | <ul style="list-style-type: none"> • Stay grounded, physically, to help maintain emotional boundaries while listening to another's difficult experience |
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Cultivate healthy friendships and hobbies outside of work: connecting with friends that do not know the ins and outs of your work situation, or friends with whom you can discuss mutual non-work interest can give you the healthy break that you need.

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| <ul style="list-style-type: none"> • Rediscover old or learn new hobbies | <ul style="list-style-type: none"> • Rediscover old or meet new friends | <ul style="list-style-type: none"> • Set limits on amount of work emails on the weekend | <ul style="list-style-type: none"> • Schedule friend and hobby appointments |
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More on Self-Care

Having the right attitude towards self-care is also important. As the founder of the Happy Teacher Revolution, Danna Thomas, *once said*, “Self-care isn’t selfish. Self-care is survival.” Prioritizing self-care, both for yourself and in your classroom, means choosing to live a lifestyle that refuses to normalize constant anxiety, stress, and fatigue. Here are seven strategies to incorporate into your daily life to keep the right attitude and keep your self-care on track.

Keeping My Self Care On Track	
GRATITUDE	Begin (and possibly end) your day with naming aloud 3 things for which you are grateful.
MINDFUL MORNINGS	Practice mindfulness during at least one part of your morning routine: E.g., shower, drinking tea/coffee, eating, etc.
GOAL SETTING	Set your goals for the day, including those for self-care. Make sure they are blocked out on your schedule/calendar. Set boundaries and protect them against anyone and anything that puts your self-care at risk.
MIDDAY CHECK-IN	Midday, or whenever stress seems to be the highest during your day, do a check-in with yourself. Close your eyes and pay careful attention to your emotions and any body sensations or cues that let you know your stress level is elevated. Take a deep breath and engage in a quick relaxation exercise to help reset yourself and bring your stress level back down.
REFLECT & RELEASE	Reflect on your day, with all of its challenges and successes. Celebrate coming through it. Release all that you can, including grudges, ill feelings, etc.
AFFIRMATION	Make an entry in your Affirmation Inventory. After considering one thought or belief that challenged you today, encourage yourself by turning it into a positive. Write down this new positive affirmation on a list that you keep on your phone’s notes page, on your computer, or in your journal. Recite it to yourself throughout the next day to help reshape the unhelpful thought and belief. Read the entire list to yourself on days that are especially tough, to keep your perspective in a healthier space.
SLEEP WELL	Protect your sleep time. Set a bedtime alarm and stick to your schedule. Don’t exchange your sleep-time for television, movies, phone calls, or social media. Additionally, be sure that you have created an environment, in your sleep space that is calm, quiet, uncluttered, and as conducive to restful sleep as possible. Take some deep breaths and enjoy a good night’s rest.

Highlight a couple actions that you will commit to starting right away. Consider sharing your goals with a friend, colleague, or family member, to help with accountability.