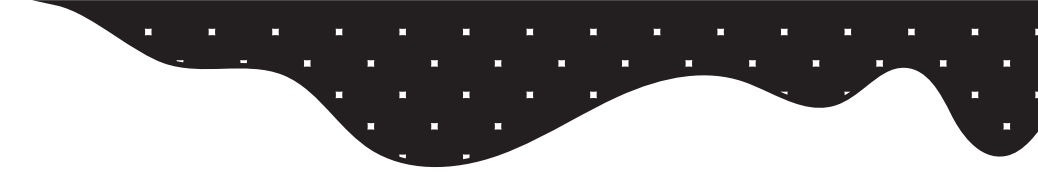


TIPS FOR TEACHERS AND STUDENTS

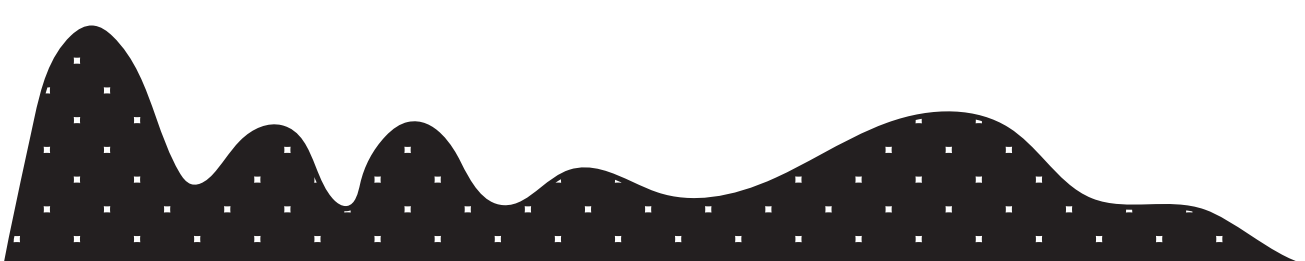
# Practicing Self - Care

How to take care of ourselves as we  
navigate home learning



Staying healthy in mind  
and body is essential,  
especially in this current  
state of the world.

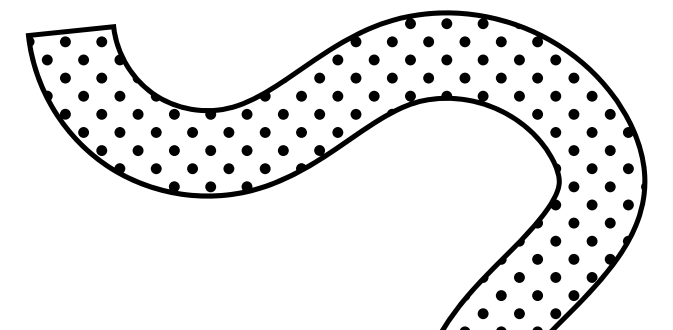
Taking good care of ourselves can help us move from simply getting  
through to thriving and growing during these unusual times.





## What is self-care?

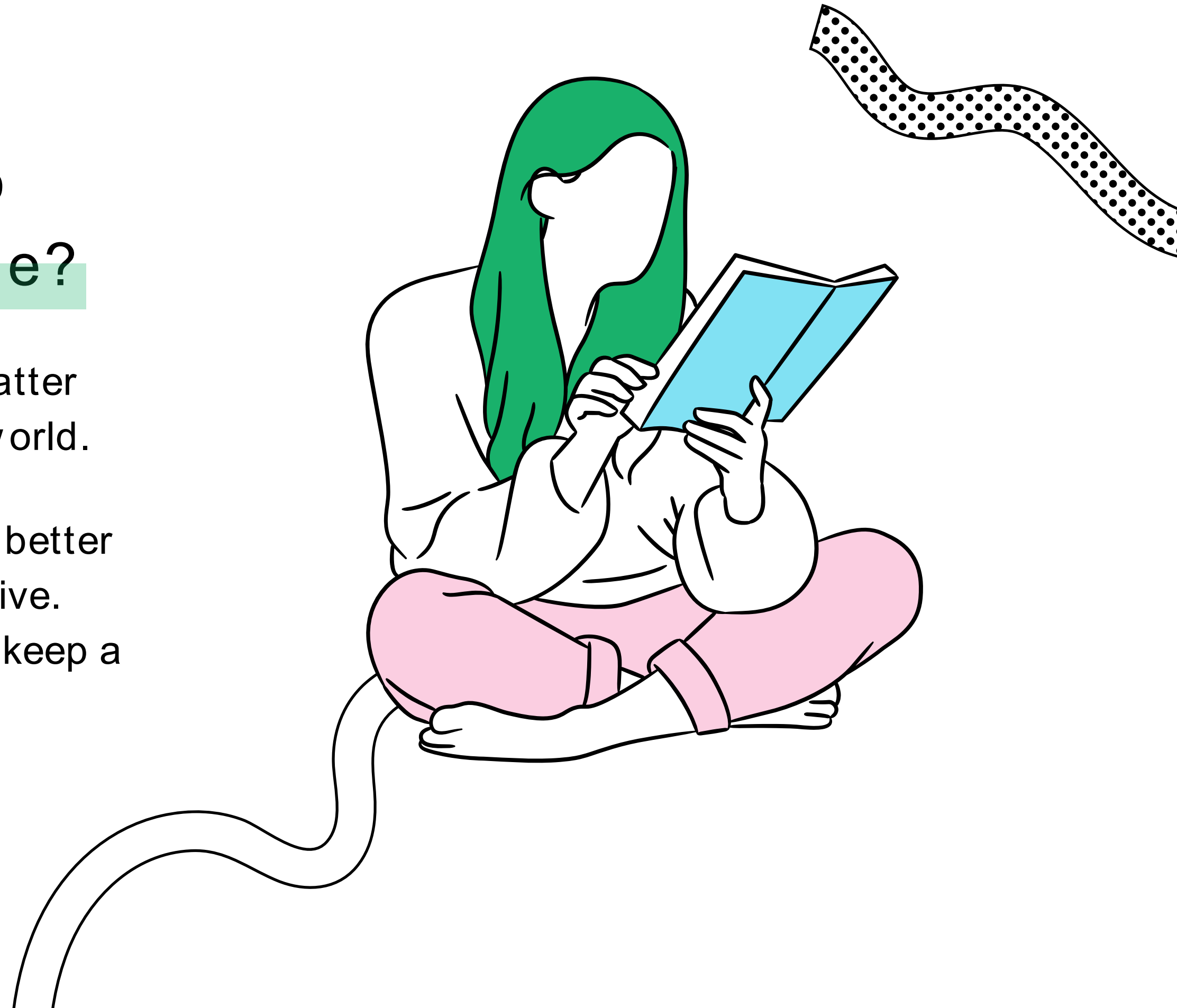
Self-care is any activity we actively choose to do to take care of our physical, mental and emotional well-being.



# Why do we need to practice self-care?

Our well-being is important no matter the circumstance or state of the world.

Self-care helps us manage stress better and allows us to be more productive. Taking care of ourselves helps us keep a good work-life balance.



# Areas of Self - Care



## Ment al

Tending to your mind by practicing mindfulness and learning continuously

## Emot i onal

Staying in touch or fully engaging with your emotions

## Physi cal

Tending to your physical body by keeping it healthy

## Soci al

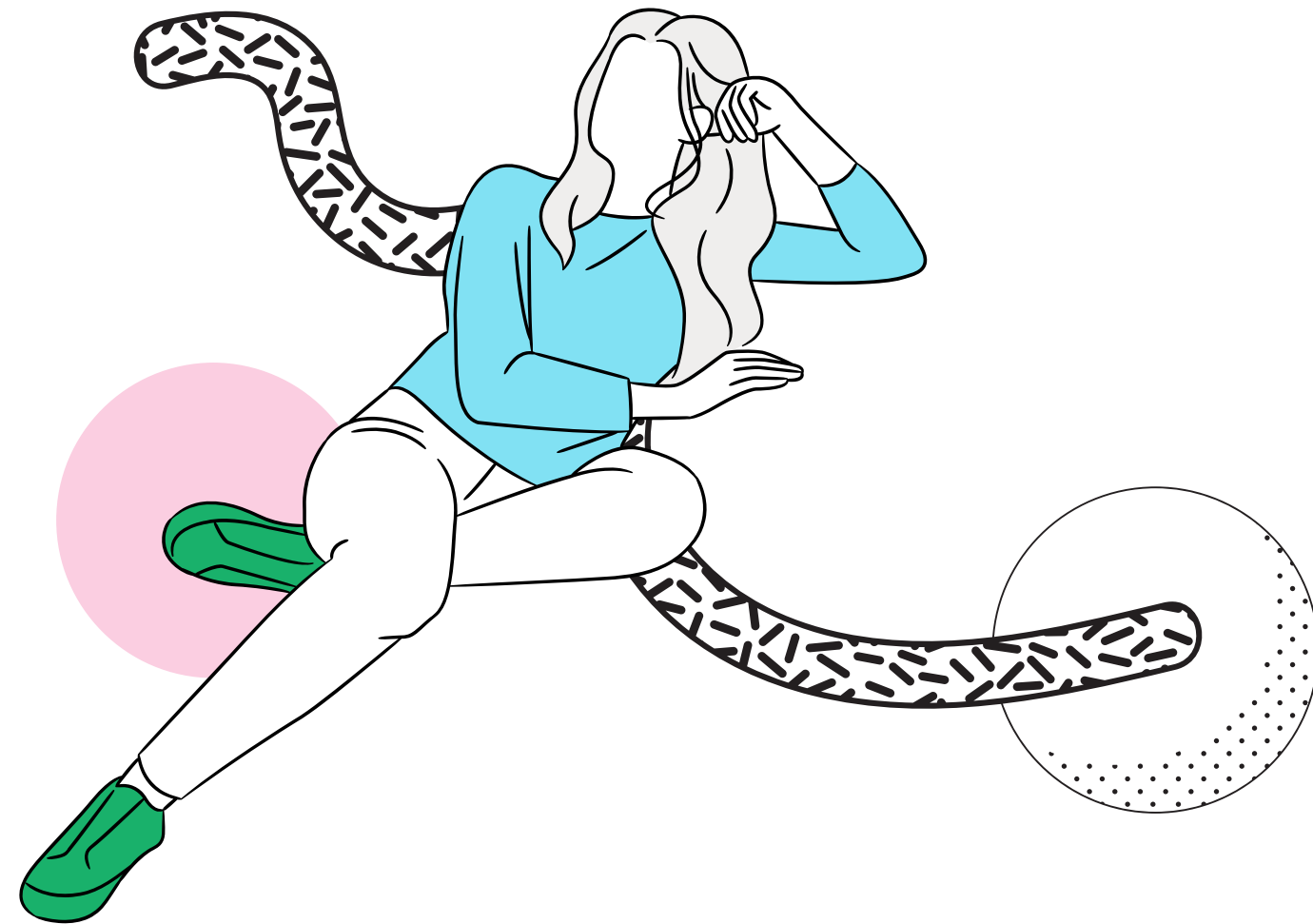
Staying connected with family and friends



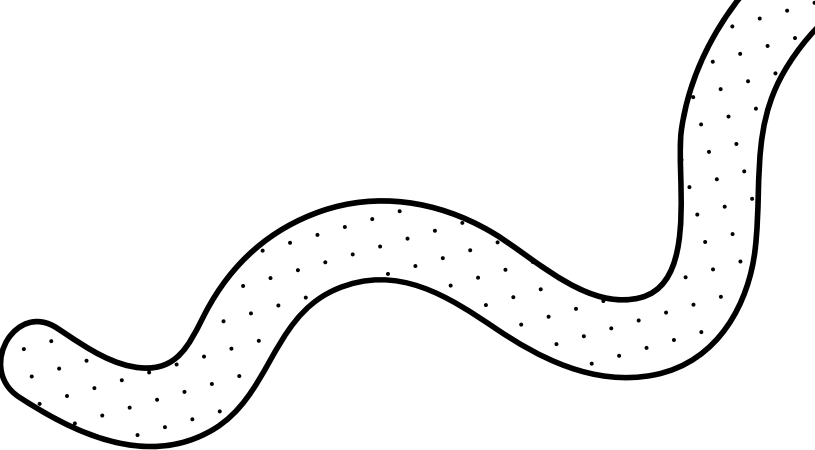
## Ment al Sel f - Car e

Taking care of your mind

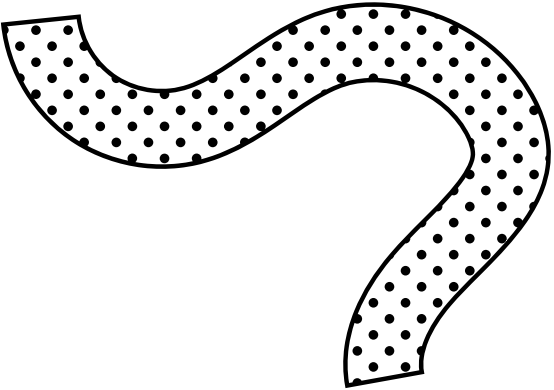
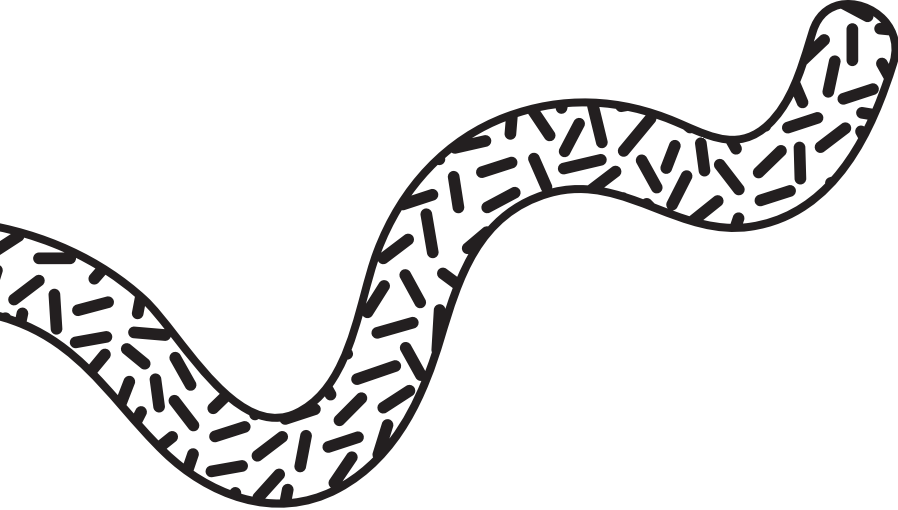
- 1) Set a routine. Schedule time for online classes as well as time for reviewing lessons and doing homework.
- 2) Take breaks during the day. Take the time to go offline and do other things not related to classes.
- 3) Practice mindfulness and take time for mentally-relaxing activities as well as activities that stimulate your creativity.



Self-care also means being patient  
with and kind to yourself.



Self-care is something we enjoy  
doing and not something  
we feel forced to do.



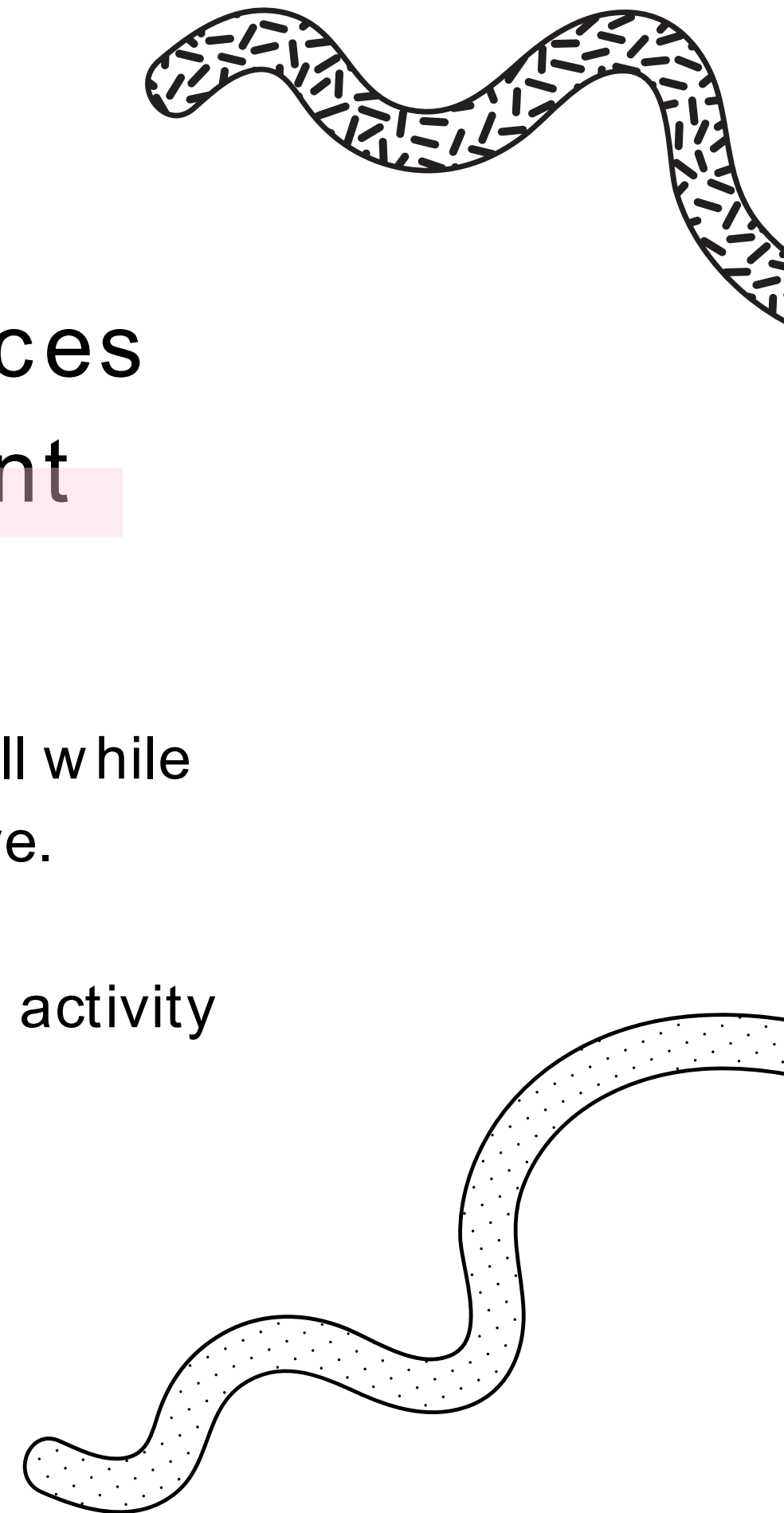


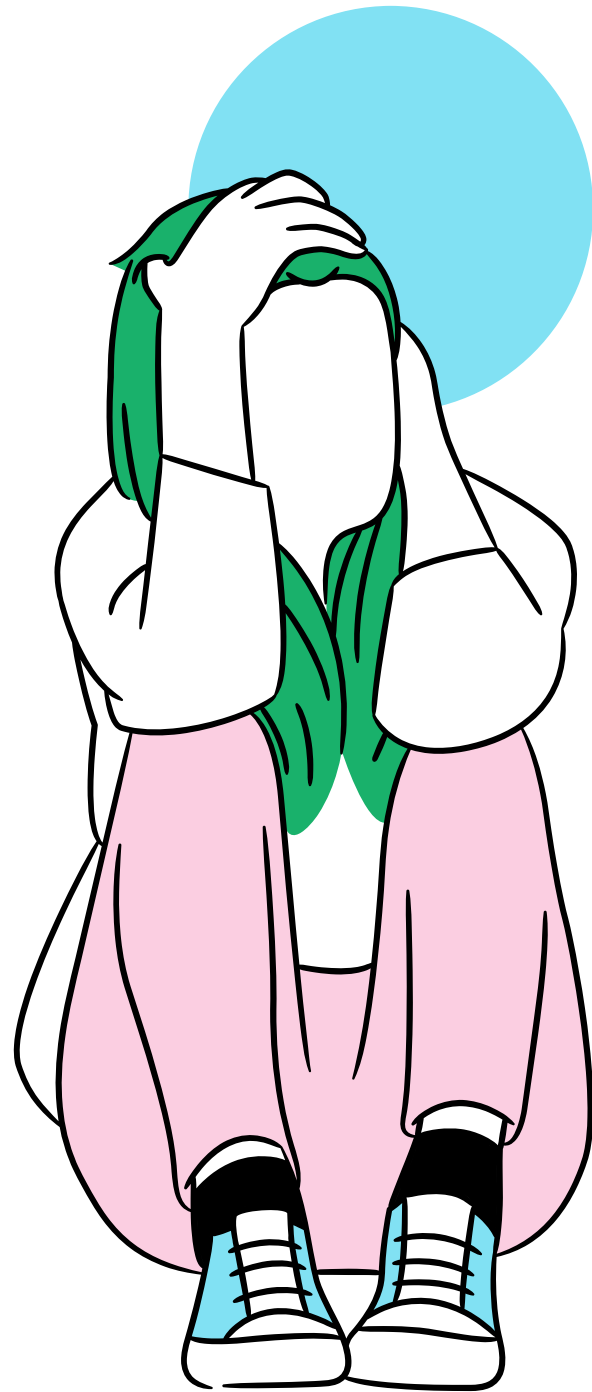


Self-care practices  
can look different  
for everyone.

For some it can mean staying still while  
for some it can mean being active.

The main idea is to engage in an activity  
that recharges or energizes you.



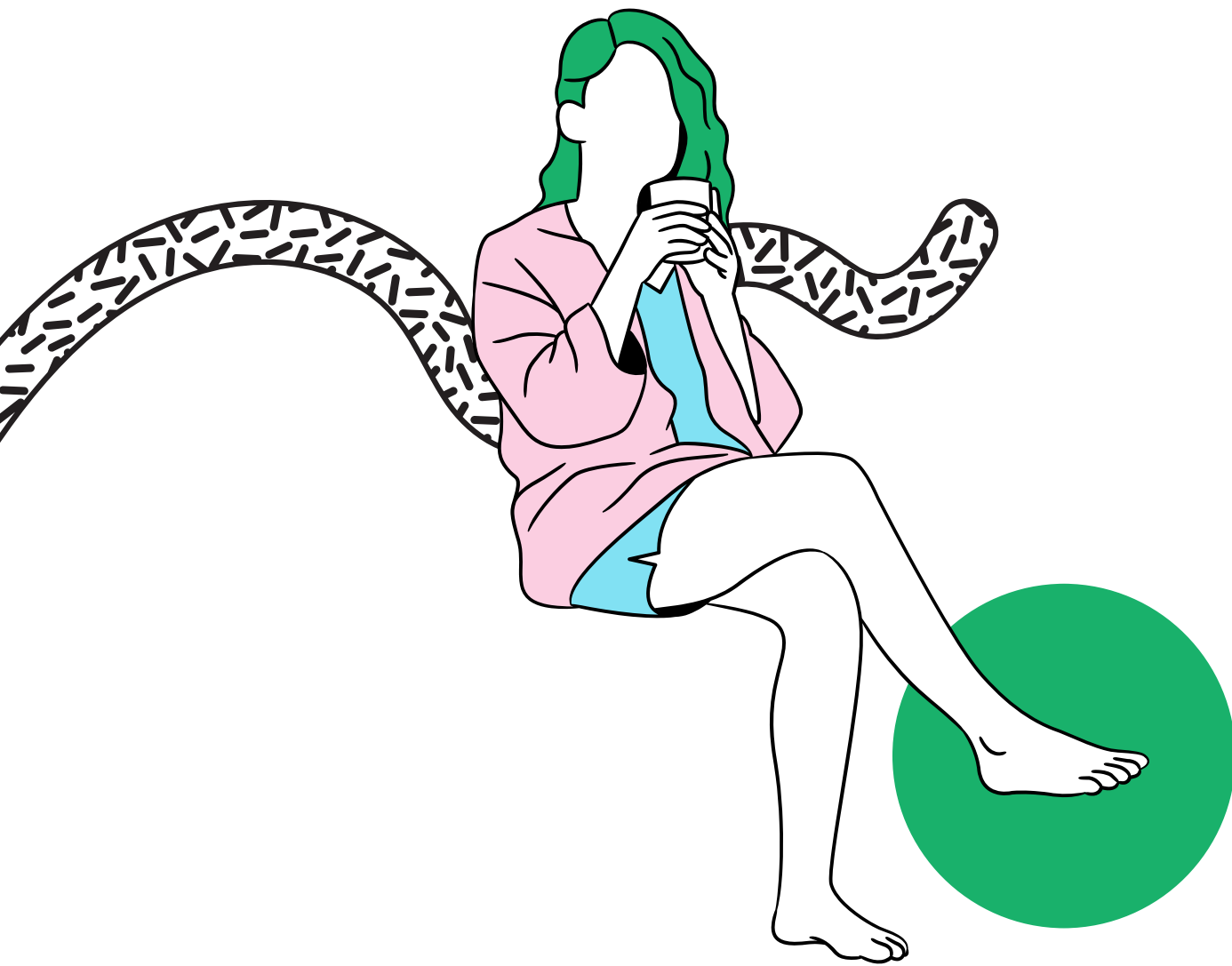


## Emotional Self-Care

Acknowledge your feelings and know that they are valid. Write them down in a journal or share them with someone.

Practice gratitude. Think of at least three things you are thankful for every day.

# Physical Self - Care



Get enough sleep

Keep a bedtime schedule to give your body the rest it needs to recover.

Eat well and eat healthy

Nourish your body with healthy food and keep yourself hydrated.

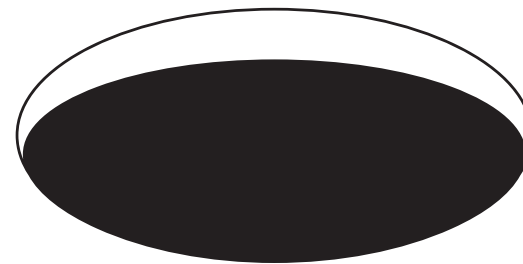
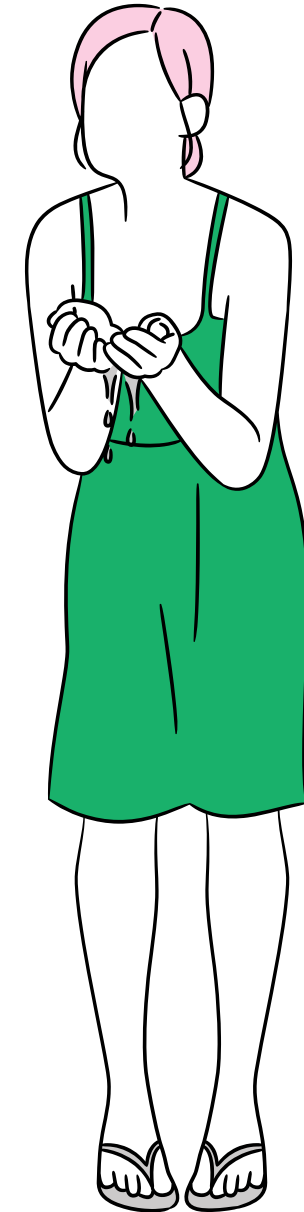
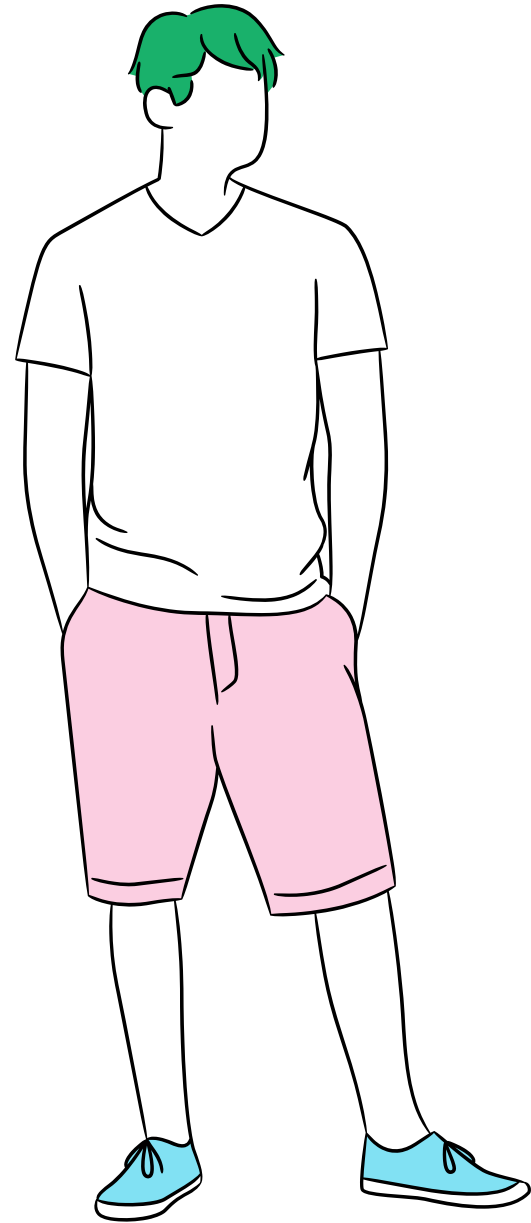
Exercise regularly

Set aside at least 30 minutes a day to workout or to simply move your body.

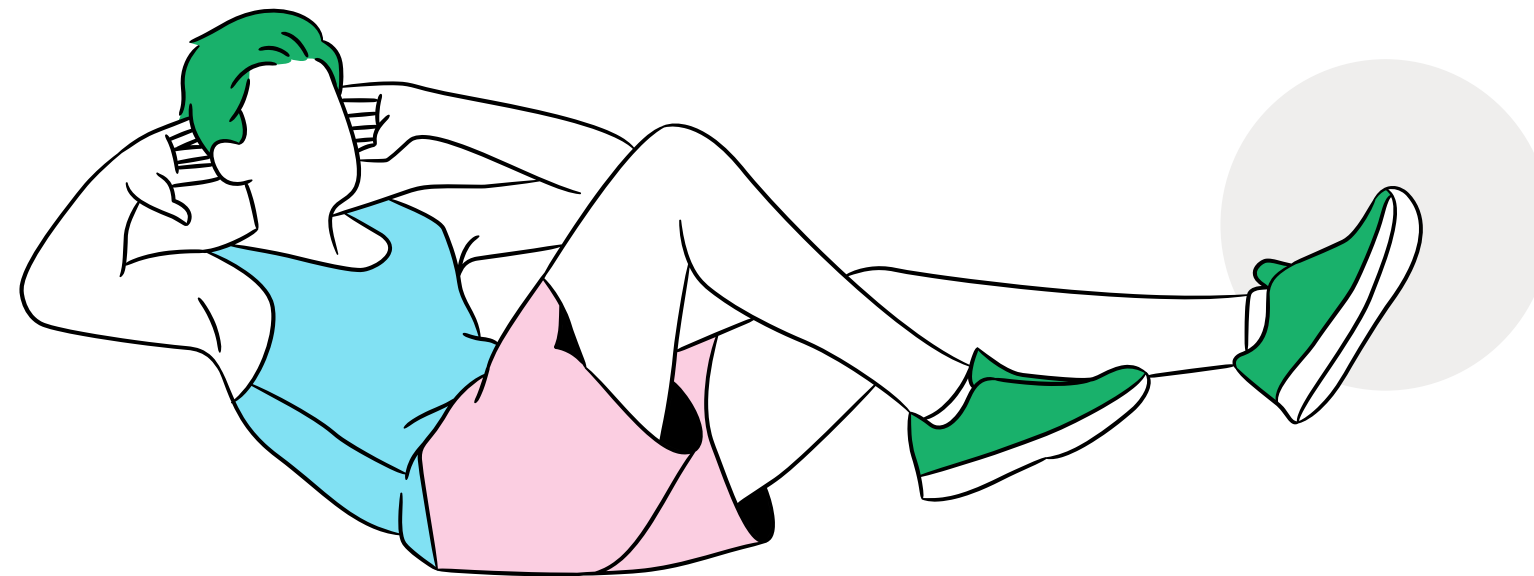
## Social Self-Care

Maintain connections with other people

Reach out to someone every day. Call or message a family member or friend just to check in.



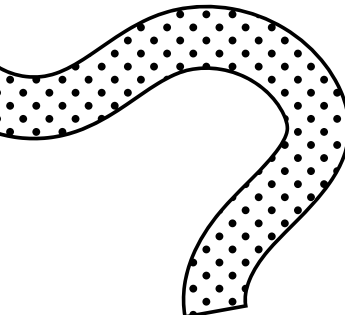
You can also think of **self-care** as taking care of yourself so you can better take care of others.





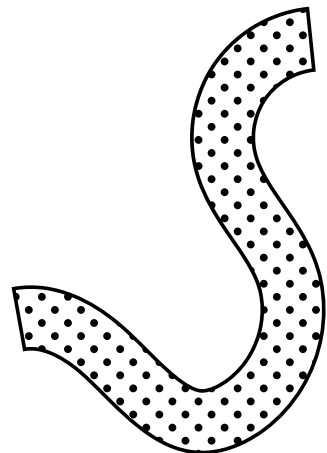
Keep safe and  
always take care!

Thank you for taking the time for this presentation.



Ms.  
Paige  
Sawyer

Get in touch with me  
if you have questions  
or suggestions.



Email Address  
hello@reallygreatsite

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Consultation Hours  
4 PM to 6 PM

