

Mental Health & Behavior Support Services

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As we continue to work in our current environment of distance learning, it important to continue engaging in self-care activities.

Thank you teachers and additional school staff that continue to offer our students the best possible experience.

For additional Mental Health Resources please visit: <https://www.stocktonusd.net/MHBSS>



The Case for Educator Self-Care

As educators and as humans, taking care of ourselves is critical. It helps reduce stress, improves mood, and promotes a sense of calm. More self-care can even help you be a better teacher. It's worth taking the time to incorporate more self-care into your life. And most importantly, you deserve it for yourself.

<https://www.thepathway2success.com/self-care-for-teachers/>

Making Self-Care a Practice

Self-care is best when it's planned proactively. That means taking the time to schedule important things for yourself and not overcommitting so that you do have time for you.

More often than not, healthy long-term self-care is about setting limits, making positive time for yourself, and encouraging yourself to make good choices. Choose a few activities that you think will help you. Don't try to do them all. Stick to a few that you know you can commit to. Make a plan for yourself and reassess as you go. <https://www.thepathway2success.com/self-care-for-teachers/>