

Thank you for everything you are doing as educators, please take a moment and allow yourself to take a break and practice self-care.

It's understandable if you feel overwhelmed. As an educator, you may need a reminder that practicing self-care is essential to your well-being, especially during times of uncertainty and transition.



Practicing Self-Care During the Coronavirus: 5 Tips for Teachers-By Brittney Newcomer, MS, LSSP

1. Set and maintain boundaries

Dealing with changes to routines and schedules can be challenging. Working from home can blur the lines of when the workday starts and ends. Determine a schedule that takes into account a start and end time, your self-care practices, and breaks.

2. Reflect on your feelings and needs

It's important to recognize and name your emotions. When you're aware of a new feeling, take a moment to reflect:

- Name the feeling and why you may be feeling that way.
- Think about what you might need at that moment and in the future.

3. Recognize what is and isn't in your control

With a rapidly changing world and the sudden shift in how you teach, it can seem like there are more questions than answers. This can cause **worry and anxiety**. One way to gain perspective is to recognize what *is* within your control and what *isn't*.

4. Acknowledge moments of gratitude or joy

Look for moments of joy and connection and hold on to them. Try writing down humorous moments, something that made you smile, or something you're thankful for. You can write these moments in a journal or jot them down on a note to put near your work station. You can also share these moments with your students and ask them to share their own.

5. Use self-care routines throughout your day.

Starting and ending your day with self-care practices can be very helpful. For example, you might start your day with a guided meditation and end your day with exercise. But it's important to look for small ways to take care of yourself throughout your day.

<https://www.understood.org/en/school-learning/for-educators/universal-design-for-learning/practicing-self-care-during-coronavirus-5-tips-for-teachers>

Mental Health & Behavior Support Services

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Breathing is such a fundamental part of our lives, but stress can interfere with it in negative ways by shortening our breathing, making it shallower, and breathing with our chest more (which constricts air and blood flow). But engaging in deep abdominal breathing can counteract many of the body's physical reactions to stress, such as lowering heart rate, releasing muscle tension, and lowering blood pressure. It's also great at stimulating the relaxation response for a calmer, less stressed you.

<https://www.destressmonday.org/deep-breathing-teachers/>

BREATHE EASY, STRESS LESS

This Monday, try mindful breathing. Focus your attention on your breath to settle your mind and restore calm.



DE-STRESS
MONDAY

DeStressMonday.org

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STEPS TO PRACTICE DEEP BREATHING:

- Sit or lie down somewhere comfortable, close your eyes, and take a few moments to breathe regularly, allowing your body to slow down.
- Place one hand on your chest and the other on your belly.
- Inhale deeply through your nose for a count of four, making sure your belly is expanding and not your chest. Imagine breathing in energy and confidence.
- Exhale for a count of four, breathing out stale air, stress, and anything you want to leave behind.
- Continue this breathing cycle for a few minutes, keeping your breath even and smooth.

<https://www.destressmonday.org/deep-breathing-teachers/>



Phone Applications that offer Relaxation and Mindfulness techniques:

- Breathr: Mindful Moments
- Stop, Breathe, and Think
- Calm.com
- Insight Timer
- MindShift
- Smiling Mind
- Stop, Breathe & Think Meditations & Mindfulness
- UCLA Mindful