

Mental Health & Behavior Support Services

Newsletter Issue No. 2 May 2020-Teachers Edition

Once again, thank you for everything you do as educators. It is not easy at times, but YOU are doing it.

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



Self-care for Educators & Caregivers

Self-care at a time like this is key. We can't be available for our children if we don't have the energy or bandwidth ourselves.

- 1 Pay attention to how you're feeling.
- 2 Limit your news intake.
- 3 Be forgiving, embrace do-overs.
- 4 Be generous with yourself and others.
- 5 Remember to breathe.
- 6 Focus on gratitude.
- 7 Keep a journal.
- 8 Maintain a regular contemplative practice.
- 9 Move & exercise daily, if you are able.
- 10 Seek out nature, fresh air, and sunlight.
- 11 Nourish your body and soul.
- 12 Distance yes, but only physically.

morningsidecenter.org

Every day may not be good, but there's something good in every day.

– Alice Morse Earle

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Did you know that engaging in creative activities, such as coloring, drawing, dancing, and singing, can help you reduce stress and anxiety? **Studies** show that expressing your creativity can help increase positive emotions, reduce the likelihood of depression, and promote healing.

One popular trend we love is drawing and coloring complex designs, which not only get our creative juices flowing, but can actually invoke a meditative state because we easily become absorbed with the process. <https://www.destressmonday.org/creativity-calms-the-mind/>



Try drawing or coloring to get a creative start to the week:

- Find a place where you can draw or color comfortably without a lot of distractions.
- Take a deep breath and visualize how you want your image to look, then get started and become immersed in filling in the colors and shapes.
- If any distractions or unwelcome thoughts arise, bring your attention back to your image and think of the joy it will bring you and others when it's finished.

Take a drawing or coloring break when you feel stressed either by yourself or with a loved one. See how quickly the creativity and positivity spreads!

<https://www.destressmonday.org/creativity-calms-the-mind/>

Coloring pages' links:

- <https://www.weareteachers.com/teacher-coloring-pages/>
- <https://www.favecrafts.com/Adult-Coloring-Pages/Adult-Coloring-Pages-PDF>
- https://www.betweenessions.com/wp-content/uploads/2014/02/mindfulness-coloring-book-4_25-16.pdf