



# Educator Self-care Resources

There has never been a time that self-care is needed more than now. Mental health is part of everyone's overall health.

“By focusing on building your strengths and carrying out self-care activities, you are contributing to your behavioral, cognitive, physical, spiritual, and emotional resilience.” *SAMHSA*

Focus of Four Core Components of Resilience:

1. Adequate Sleep
2. Good Nutrition
3. Regular Physical Activity
4. Active Relaxation

Tips and Skills for Self-Care:

1. Breathe: “Science has shown that slowing our breathing helps us calm down. Research also shows that taking a few minutes to do breathing exercises can help relax our brains and make it easier for us to cope with stress and make thoughtful decisions.” *halfofus.com*
2. Positive Thoughts: “Sometimes we get so caught up in the difficult or negative stuff, that we lose sight of all the good things in our lives...and all the opportunities that lie ahead. When we lose an opportunity or don't do as well as we hoped on a project for school or work, it can feel really defeating. Taking a few minutes to be grateful and adjust our perspective can really help.” *halfofus.com*
3. Exercise: “The simple acts of getting up, getting out and moving our bodies are scientifically proven to reduce stress and improve our perspective. When we're feeling so much anxiety, stress or anger in the moment, it can be hard to think clearly or to decide how to react or what to do next. If the situation allows you to step away for a minute, talk a walk around the block to let yourself breathe and calm down.” *halfofus.com*
4. Positive Relationships: It's important to “not feel alone.” Make time to learn about others, taking time for conversations will help foster your feelings of positive regard towards yourself and others.

Resources:

The OPI's Educator Self-Care resource tab found at the [School Mental Health website](#). The OPI updates the page with new resources that promote wellness and resiliency.

Webinars such as the free 3-part series presented by WellEducator, LLC hosted by the Mental Health Technology Transfer Center Network titled [Self-Care and Compassion for the Educator](#) and the [Simple Steps to Self-Care for Educators](#) by Amy Speidel from Conscious Discipline.

The OPI's [Teacher Learning Hub](#) courses and the [OPI's Learning Opportunities Portal](#).

Check in with your Health Insurance Employee Assistance Programs and with your Primary Care Provider for additional and professional supports.

