

Self-Care for Educators



**Treat yourself
when you need it**



**Remember to
start fresh every
day**



**Connect with
uplifting colleagues**



**Do physical
activities you enjoy**



**Take a break when
you need one**



**Use positive self-
talk**



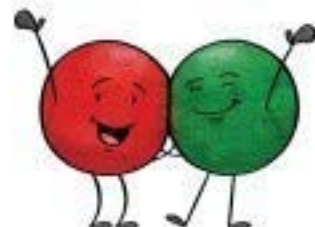
**Go for a walk or
spend time outside**



**Read a good book
(just for you)**



**Plan an activity
to look forward
to**



**Spend time with
friends and family**



**Leave work at
school for the night
or weekend**



**Spend less time
on social media**



**Bring healthy
snacks and meals**



**Be comfortable
saying "no" to
more obligations**