



SELF-CARE TIPS

KEEP HEALTHY BOUNDARIES

Post when, then statements, e.g., When it is 4pm, I will put aside work/phone and...

TAKE TIME FOR SELF-REFLECTION

Journaling. What makes me feel frustrated, anxious...

GIVE VOICE TO YOUR FEELINGS – STRESS, EXHAUSTION,

I'm feeling overwhelmed by the needs of my students. I'll take a 5-minute break, write down some questions and decide who to talk with.

SCHEDULE A BRAIN BREAK

10-15 minutes. Art, music, walking, baking...

BRING SELF-CARE INTO THE CLASSROOM

Schedule class time, journaling & discussion of current topics

SHARE THE GOOD

Celebrate small successes & joys. Make acts of kindness truly random

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