

# SELF-CARE WHILE REMOTE TEACHING

Managing your physical, mental, and social wellbeing is important—particularly in challenging and unpredictable circumstances.

By taking care of yourself, you'll be better prepared to be present for your students and to provide them with a positive example of how to cope in tough situations.



## 1 Pay attention to how you are feeling.

Rather than trying to make yourself and others “feel better,” it’s often more helpful to tune in and experience your feelings—uncomfortable as though that might be.

## 2 Limit your news intake.

Stay abreast of current events by tuning in to reputable news sources at set times, but don’t get caught up in the endless news cycle, especially right before bed.

## 3 Seek out nature, fresh air, and sunlight.

Being in nature lowers stress, combats depression, and promotes positivity. It is good self-care practice to spend time outdoors.

## 4 Be generous with others and yourself.

Practice kindness, compassion, and generosity with others, while having realistic expectations of who they are and what they’re capable of.

## 5 Remember to breathe.

Simple as though it may sound, breathing deeply from your stomach is not something that comes naturally to many of us, but it is important to do throughout your day.

## 6 Nourish your body and soul.

Remember to eat as healthy as you can. If cooking is something you enjoy, consider being fully present and with intention. It’s a great way to slow down.

## 7 Focus on gratitude.

Practicing gratitude can brighten your day. Take a minute to reach out to the people in your life you are grateful for—spread some joy!

## 8 Keep a journal.

Start journaling right after waking up in the morning. This can help you clarify what is happening and how you are feeling and can sometimes lead to helpful problem-solving throughout the day.

## 9 Maintain a regular meditative practice.

Research shows that a regular mindful practice can trigger hormones that relieve stress and anxiety, while improving our mood, self-awareness, and mental concentration.

## 10 Be forgiving. Embrace change.

Look at this time as an opportunity to model what do-overs look like—with grace.

## 11 Move and exercise daily.

Staying active helps us to stay fit not only physically, but mentally. It can help lift our mood, improve our cholesterol, lower our blood pressure, improve the quality of our sleep at night, and manage our stress.

## 12 Stay connected.

Connection is a core human need, so reach out to friends, family, and neighbors through text, social media, phone calls, video chats, or even virtual happy hours. Also, turn to trusted friends and family members.

## PROFESSIONAL DEVELOPMENT SUPPORT

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