

# TEACHER SELF-CARE

For educators to be the change agents and meet the demands of an ever-changing environment for learning, they need to actively consider self-care practices. Teacher needs of support in self-care increase when experiencing personal trauma or when educating students groups with high levels of trauma. This guide provides resources to support teachers and staff in self-care.



## Read

## Read one or more articles

- [5 Strategies for Teacher Self-Care](#)- ASCD
- [Care for the Caregivers: Wellness Strategies for Student Support Service Providers](#) – CCNetwork & CSDE
- [Healthy Schools Start with Healthy Adults: Strategies to Support Educator Wellness](#) – CCNetwork & CSDE
- [Practicing Self Care During the Coronavirus: 5 Tips for Teachers](#) - Understood
- [Self Care for Teachers](#) – Positive Discipline

## Watch

## Watch one or more videos

- [2:50] [2020 Teachers of the Year on Practicing Self-Care](#) – Google Education
- [11:31] [How Can We Support the Emotional Well-Being of Teachers?](#) – TED Talk
- [8:59] [Learn to Shine Bright – The Importance of Self-Care for Teachers](#) – TEDx Talk
- [1:47] [Prioritizing Teacher Self-Care](#) – Edutopia

## Listen

## Listen to one or more podcast

- [varies] [The Educator’s Room Presents: The Teacher Self-Care Podcast](#)
- [43:29] [Why It’s So Hard for Teachers to Take Care of Themselves](#) - Cult of Pedagogy podcast
- [28:00] [Why Mindfulness Can Help with Teacher Self-Care](#) – Google podcast

## Reflect

## Reflect on the following questions

- What is one action of self-care I have taken recently?
- What new awareness, questions, or ideas do I have after reviewing the resources?
- How will I transfer my new learning to my practice?
- In what ways does teacher self-care impact the culture and climate of my classroom and my school?