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?