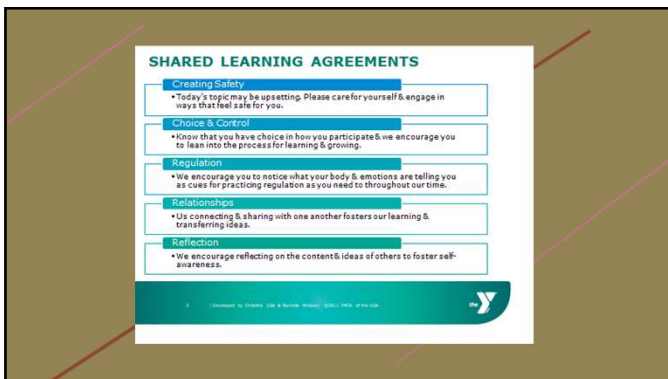


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3

Educator Self-Care

Before we begin, let's:

- Check our Battery
- Reflect and identify how you're feeling today based on the visual

Check Your Battery
How are you currently feeling?

Feeling great!
Keep meeting your needs and practicing self-care.

Feeling okay.
How can you make your day a tiny bit better?

Struggling.
Practice self-care. What area of your life is suffering the most right now? Focus on that one area today.
Blessing/Manifesting

Feeling good!
How can you maintain the levels you're currently at?

Meh.
How can you love on your self today? Be extra kind to yourself.

I'm empty.
Pinpoint what's draining you and try to create a boundary & then do one thing that fills you up.

4

Educator Self-Care

OPENING REFLECTION

WITH AN ELBOW PARTNER, DISCUSS THE QUESTION:

WHAT COMES TO MIND WHEN YOU THINK OF SELF-CARE?

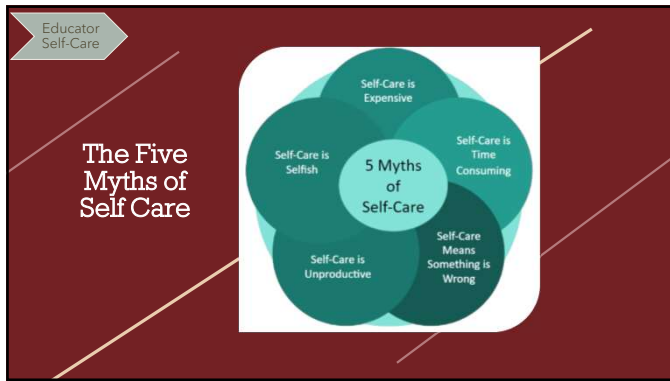
UPON RETURN, WE WILL CHART OUR THOUGHTS.

5

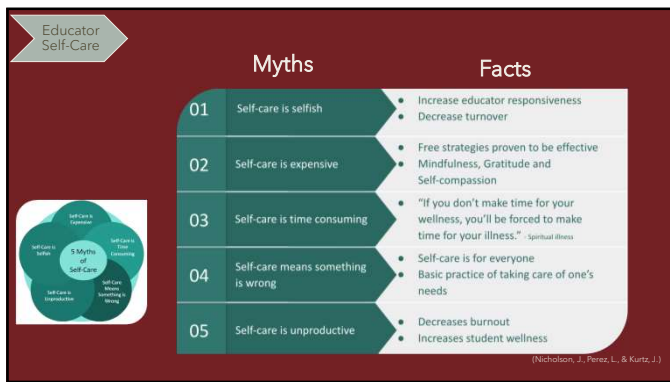
Educator Self-Care

FROM YOUR PERSPECTIVE, SELF-CARE IS...

6



7



8



9

Educator Self-Care Educator Well-Being

Personal Attunement

Restoring Your Energy

Take a few minutes to identify 3-5 items for each of these questions:

- What drains me?
- What charges me?

Check Your Battery
How are you currently feeling?

Feeling great! Keep meeting your needs and practicing self-care.

Feeling good! How can you maintain the levels you're currently at?

Feeling okay. How can you make your day a tiny bit better?

Meh. How can you love on your self today? Be extra kind to yourself.

Struggling. Practice triage. What area of your life is suffering the most right now? Focus on that one area today.

I'm empty. Pinpoint what's draining you and try to create a boundary & then do one thing that fills you up.

BlessingManifesting

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Educator Self-Care Educator Well-Being

CATEGORIES OF SELF-CARE

Turning *inward*

Attending to Sense of Self through self-awareness/reflection

Turning *outward*

Connection outside of Self

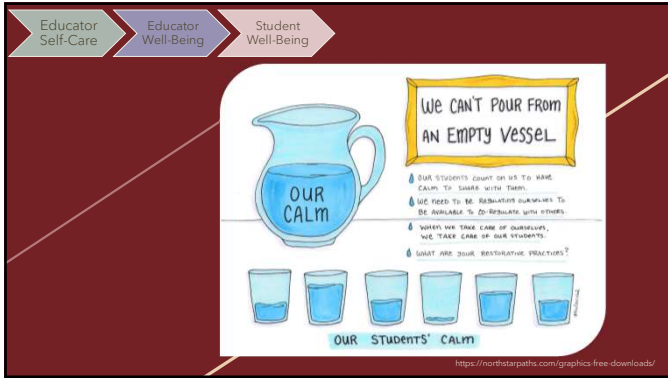
11

Educator Self-Care Educator Well-Being

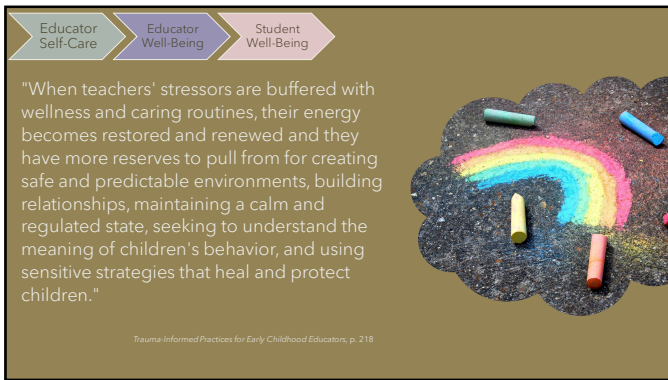
"Engaging in a self-care routine has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, improve energy, and more. From a physical health perspective, self-care has been clinically proven to reduce heart disease, stroke and cancer. Spiritually, it may help keep us in tune with our higher power as well as realize our meaning in life."

<https://www.snhu.edu/about-us/newsroom/2019/04/what-is-self-care>

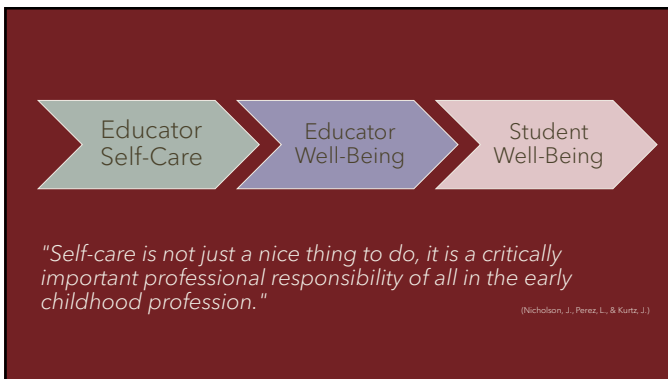
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Educator Self-Care Educator Well-Being CATEGORIES OF SELF-CARE

Turning *inward*
Attending to Sense of Self through self-awareness/reflection

Turning *outward*
Connection outside of Self



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CLOSING REFLECTION

What can you do to embrace the art of rest and relaxation?

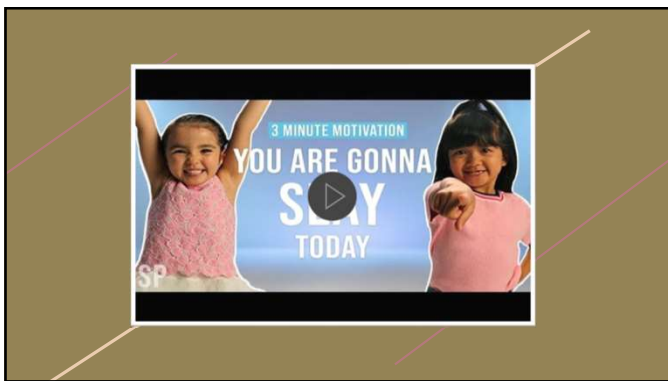
What is one idea about self-care you will carry with you after today's discussion?



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3 MINUTE MOTIVATION

YOU ARE GONNA SLEAY TODAY



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RESOURCES

<https://www.apaservices.org/practice/self-care>
<https://centerforhealthykids.org/>
<https://www.edsurge.com/news/2020-05-20-5-strategies-to-enhance-educator-and-student-well-being-right-now>
<https://www.edsurge.com/news/2020-04-10-why-early-childhood-educators-should-turn-to-mindfulness-and-compassion-now-and-always>
<http://www.leanorbrown.com/blog/self-care-is-not-selfish>
<https://www.naeyc.org/resources/topics/focus-ethics>
<https://norbitarpaths.com/>
<https://www.optimalbrainintegration.com/>
<https://www.sciencedaily.com/releases/2016/06/160627124928.htm>
<https://www.snhu.edu/about-us/newsroom/2019/04/what-is-self-care>
<https://traumaresponsivechildhoods.org/>

Trauma Informed Practices for Early Childhood Educators: Relationship-Based Approaches that Support Healing and Build Resilience in Young Children. Nicholson, J. Perez, L. & Kurtz, J.

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TALK. READ. SING.

First 5 San Diego

<https://first5sandiego.org/parent-portal/talk-read-sing/>

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