



2023 RESOLVE TO PRIORITIZE SELF-CARE

FOR YOURSELF & TO EFFECTIVELY SUPPORT OTHERS

TIP 1:

HEALTHY HABITS: Our physical well-being directly impacts our disposition, relationships, and quality of work. Create a strong foundation of healthy habits by increasing your daily water intake and decreasing processed food consumption. Include fruits, vegetables, and lean proteins to maximize nutritional and health benefits. Then, turn off the devices and prioritize around 7 hours of sleep per night to bolster your mood and immune system.

TIP 2:

CELEBRATE: Every September educators are reminded of the enormous amount of social emotional and academic learning to be accomplished by June. This January is the perfect time to assess the progress of your students. Some have made great gains, while the advancement of others may be small but no less significant. Review old classwork or notes to acknowledge and celebrate their growth. Take time to reflect on how you have developed as an educator as well. The most effective teachers consider themselves lifelong learners.

TIP 3:

JOY: Planning events to look forward to will ease the daily grind. Consider treating yourself to monthly massages or whatever helps you to relax. Arrange dinner or weekly phone calls to catch up with distant friends. Schedule a vacation to disconnect from work and decrease your stress level. Time away can put work issues into perspective, bolster motivation, and improve your outlook on life. Identify what creates happiness for you and make it happen!

TIP 4:

TIME: Set boundaries and prioritize time for yourself during the school day. Just a few minutes for yourself can improve focus, reduce stress, and reset your mood. Try leaving your lunch in the car and force yourself to get up and take in some fresh air midday. Refill your water bottle from the fountain furthest from your room to build in a short walk. Turn down the lights, play soft music, and close the door during your prep or lunch break to help relax.

TIP 5:

MUSIC: Research indicates that music can influence the production of body chemicals like dopamine and serotonin that ultimately have a profound impact on our mood. Select a piece of calming music to help relax your mind and body or try another more dynamic tune to increase your sense of cheer. Lastly, consider listening to music associated with happy memories. A song may be the perfect way to bring a smile to your face.

TIP 6:

AFFIRM: What word describes a core value for you in 2023? Teachers are often altruistic, optimistic, and intrinsically motivated. However, this perspective can be challenging to maintain during moments of stress. Know that you are not alone. We all share in these moments and they will pass. Try to re-frame the scenario in a more positive view, have faith you will grow through the experience, and affirm your core value. Appreciate who you are!

