

Self-care Guide



This document was designed to support students and families during this unprecedented time.



Remember to take care of yourself first, as “It is not selfish to refill your own cup so that you can fill the cup of others.”

Self-care includes any activity that we deliberately do to take care of our mental, emotional, and physical health. Although it is a simple concept in theory, this is something often overlooked.

Here are some simple strategies that may be helpful to consider:

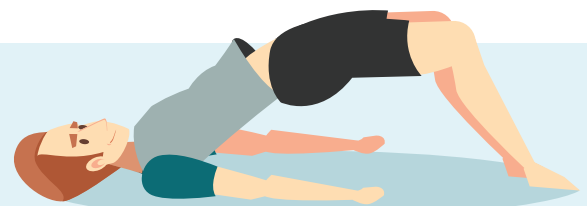
Set and maintain healthy boundaries.



Take a break from watching, reading or listening to news ... including social media.



Unplug: Give yourself permission to not read emails or answer the phone for certain blocks of time.



Practice mindfulness strategies, such as deep breathing, yoga, or meditation.

Create a menu of personal activities that you enjoy,

- Cooking
- Exercising
- Puzzles
- Family time
- Music
- Reading
- Games
- Coloring
- Mechanics

and give yourself permission to practice at least 1 a day:

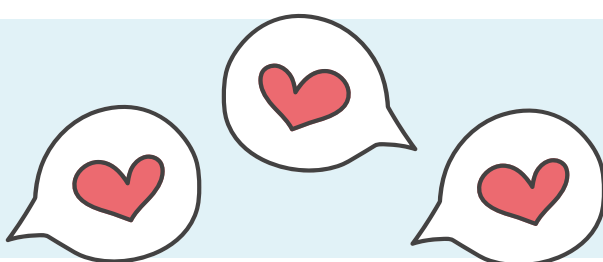


Connect with those you care about - Use Zoom, Google Hangouts, Facetime, Marco Polo, etc.



Gratitude Journal: Find 1-3 things each day that you are thankful for and write them down in a journal or notebook.

Share what you feel with others. Normalize concern for others and for yourself.



Recognize the signs and symptoms of compassion fatigue

Seek support when necessary.

