

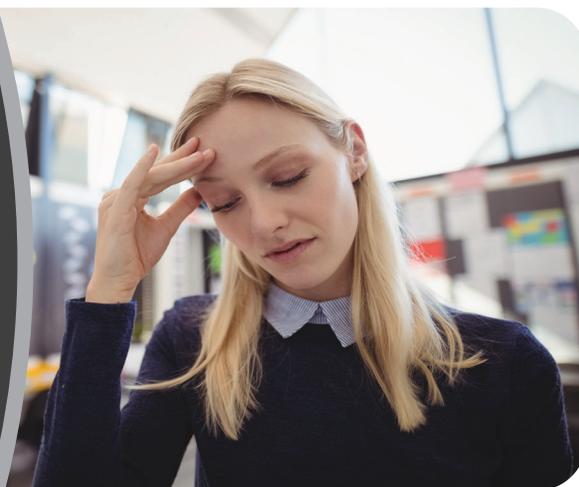
WHAT: Self-care is any action that you use to improve your health and well-being. According to the **National Institute of Mental Illness (NAMI)**, there are six elements to self-care:



"Self-care is a priority and necessity -not a luxury- in the work that we do."

WHY: Teachers who experience higher levels of stress are more likely to be burnt out, less effective in teaching and classroom management, less connected to their students, and less satisfied with their work.

- Today's educators are working directly, and over extended periods of time with students and families who deal with significant hardships.
- Educators are prone to developing compassion fatigue, which can lead to burnout or secondary trauma.
- To protect yourself, it is important to understand its impact, recognize its symptoms, and develop strategies to take care of yourself.



HOW: BUILDING A SELF-CARE PLAN

- Step 1:** Evaluate your coping skills
- Step 2:** Identify your self-care needs
- Step 3:** Look at barriers and areas of improvement
- Step 4:** Develop a self-care plan using the self-care wheel
- Step 5:** Make the time



Remember Leadership Support is Key!

Consider how your division will support a culture of wellness that includes collective self-care practices. How could this data help support the social emotional wellness of staff?

- % of staff who feel connected*
- % of staff who feel like they can manage their workload*
- % of staff who feel like they are managing their changing role*
- % of staff who feel like they have skills to manage student needs*

