

Infographic Module 4: Self-Care Adults

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:

- Physical
- Psychological
- Emotional
- Spiritual
- Social
- Professional

Use this graphic idea and have the word **self-care** in the middle with the bullet points coming out.



Also have this quote: "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.

([resource](#))

A graphic of a teacher in a classroom who is struggling. Maybe their head down, or just a frustrated expression? Not too dark or overwhelming. It could be just a classroom picture.

How?

Building a Self-Care Plan **(a graphic of someone taking care of themselves in any realm of self-care. Taking a walk, journaling, painting, etc....)**

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

(graphic of a calendar implying that they will schedule it.)

Remember Leadership Support is Key! (graphic of a principal or a team meeting with a leader)

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