

# Self-care for Teachers and School Staff



Self-care is one of the most effective ways to support your overall wellbeing. With so many approaches to choose from, it can be hard to know where to begin. Use the information below as a guide to explore six key areas of self-care, and on page two, take time to reflect and create your own wellbeing plan that considers each of these areas.

## Emotional

Connecting with and understanding your emotions is essential. You might journal, take reflective walks, speak with a therapist, or express yourself creatively—each can help strengthen your emotional wellbeing.

## Practical

Practical self-care helps keep your everyday life running smoothly. This could mean decluttering your space, creating a budget, setting up efficient routines, or maintaining a to-do list that truly works for you.

## Social

Human connection matters for everyone—even introverts. Make time to see or speak with friends and family, whether in person or online. You might also explore local clubs, classes, or community groups to meet new people.

## Mental

Engage your mind with activities that are both enjoyable and stimulating. You could tackle puzzles, learn a new skill, explore unfamiliar places, or simply switch up your usual routine to keep your brain active.

## Physical

Nurture your body with healthy habits such as balanced eating, regular hydration, quality sleep, movement you enjoy, and spending time outdoors. Don't forget to attend to any ongoing medical needs.

## Spiritual

For some, spiritual self-care involves religious practice. For others, it may mean connecting with nature, meditating, doing yoga, or spending quiet time in self-reflection—whatever helps you feel grounded and at peace.

Take time to reflect and create your own wellbeing plan that considers each of the six self-care areas mentioned.



## Emotional

## Practical

## Social

## Mental

## Physical

## Spiritual