

# SELF-CARE CHALLENGE

AS EDUCATORS WE HAVE SO MANY CHALLENGES EACH AND EVERYDAY. THIS IS A DIFFERENT CHALLENGE- CHOOSE 2 ACTIVITIES BELOW FOR YOUR SELF CARE THIS WEEK.

## #1 VISIT WITH A FRIEND

*Visit with a friend either in person, on the phone or via text.*

## # 2 Read a book or magazine

*Ask a friend, colleague or family member for a good book. A good recommendation is *Burnout: The Secret to Unlocking the Stress Cycle**

## #3 STRECH YOUR MUSCLES

*We're sitting WAY more than we are used to, so stretch out those muscles for some relaxation. Try this link:*



## #4 CONNECT WITH UPLIFTING COLLEAGUES

*For me, this is one thing I miss most about seeing my co-workers in person. My co-worker and I have set up a time every Wednesday to work and connect at school. I always feel better after leaving work on those days.*

## #5 DITCH SOCIAL MEDIA

*Challenge yourself to not go on Social Media sites for 1 week and see how you feel. Staying away from social media is something many do for their mental health!! If you do go on social media don't read posts or comments that you know will bring you down.*

## #6 MAKE TIME FOR QUIET TIME

*You might be thinking when would I ever have time, to make time, for quiet time??*

### QUIET TIME IDEAS:

- Take a moment when you park your car, close your eyes, take a deep breath and GO
- Choose to eat lunch alone, in silence 1 or 2 times a week- use this time to eat slowly and be with yourself
- Don't listen to the radio in in the car (I did this ALL the time when my kids were little, the silence was GOLDEN)