

# Practicing self-care is NOT selfish – it's ESSENTIAL

The essential self-care “**R’S**” (and it's not reading, writing and 'rithmetic )

**RELAX** – breath, practice being in the moment

**ROUTINE** – schedules help, but sometimes you have to go with Plan B

**RIGHT BALANCE** – find the right balance of structure and flexibility

**REALISTIC** – accept that some days are going to be a wash, don't forget to ask for help

**REMAIN ACTIVE** – walk, bike, run, play

**REST** – maintain a healthy sleep schedule

**RECONNECT** – call an old friend, start a virtual book/movie club with friends, check in on a neighbor

**REDUCE** - exposure to mass media

**RELATIONSHIPS** – savor time with family, start new traditions, feel and express gratitude

**RESILIENCE** – use past successes to face present challenges; reflect, connect and redirect

**REFLECT** – journal or sketch a picture about your day, savor the positives (no matter how small)

**REMEMBER** eating healthy is like a bank account – good food choices are good investments

**REMEMBER** there are things we can control and things we can't – focus on the things you can control

**REMEMBER** to listen – to yourself and to others

**REMEMBER** to be kind - to yourself and to others

**REMEMBER** we are all in this together

**REMEMBER** we are here for you

Stay healthy ~ be safe

We miss you!

All of your school nurses

*Mrs. Caron, Mrs. Fishman, Mrs. DeFeudis, Mrs. Rogers,  
Mrs. Scotland, Mrs. Fiore, Mrs. Gage, Mrs. Berger, Mrs. Perkins,  
Mrs. Bowker, Mrs. Parsons, Mrs. Kiley, Mrs. Frutman,  
Mrs. Bamberger, Mrs. Calabrese, Mrs. Rozelsky and Ms Duggan*

