

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

