

Self-Care for Educators During a Pandemic



As we continue to work through these times it's essential that we check on ourselves and those around us. With that in mind, we need to remember how important it is be kind to ourselves, to the way that we operate, think and cope from day to day. There may be days that we're incredibly productive and moments we're not. Allow yourself space and grace and as you figure out your new patterns.

[Mental Health Checklist Handling Social Distancing](#)

Building Resilience

While we might not be together physically, this time is teaching each of us about the importance of building resilience. About how important it is to bend and not break when life comes our way. There are beautiful examples of it in our neighborhoods, schools, and communities.

[Ways to Promote Children's Resilience during Covid-19](#)

“AN EMPTY LANTERN PROVIDES NO LIGHT. SELF-CARE IS THE FUEL THAT ALLOWS YOUR LIGHT TO SHINE BRIGHTLY.”

- UNKNOWN
ITSALLYOUBOO.COM



Continuing to Cope...

As educators it is important to look for ways to build themselves up as we redefine our work and personal lives. Understanding how we cope and taking stock of that it essential as we move day-to-day.

[Emotional Well-being Resource Guide](#)

Need Additional Support?
Check out the JCPS SEL site for additional resources.

[JCPS SEL](#)