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LOVE & LEARNING

EDUCATOR SELF-CARE MENU

Browse the Self-Care Menu

This menu is a sampling of possible self-care practices to fill you up with nourishment. While you read through the menu, go slowly. Take notice of your reaction to each item. Really listen to yourself. What do your body, mind, heart, and intuition have to say about these possibilities?



Put a check mark next to the practices you already do. Give yourself gratitude for already taking these steps to nourish yourself. Stick with these already established positive habits.



Put a heart next to each of the practices that you don't do yet *and* that light you up – that make you say Heck Yeah! Listen to what excites your mind, body, heart, and soul!



Put a question mark next to the practices that you're curious about – that perhaps you haven't tried much, or at all, before, and you'd like to do way, way down the road.



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Steps to Establish Nourishing Self-Care Habits

1. Review the heart items, and pick just 1 of these activities to begin incorporating into your life right away. Which one feels most doable? Easiest to fit into your schedule with working in schools? Easiest to fit into your budget? *Why start with just 1 new practice?* Well, sometimes, when we attempt to do too much all at once, and it doesn't work out right away, we are far more likely to quit everything. Then we're back to square one. Instead, by slowly and steadily taking steps – or rather one step at a time – we raise the odds of sticking with something new and actually establishing a new habit. In time, this new habit will feel easy and be part of our day-to-day rituals and routines.
2. Go write down the 1 heart item you've chosen into your planner, since having yourself in writing is always a more powerful way to make your self-care a reality.
3. Schedule a time to revisit this Self-Care Menu once a month for the next year.
4. Now dig in! Start sampling and savoring the new positive self-care practice you've chosen.
5. When you see it's time for your self-care monthly check-in on your planner – meaning you've been nourishing and establishing your new habit for a month – go back to this Educator Self-Care Menu and pick another heart item to integrate into your plan.
6. Continue to repeat this cycle, integrating the hearts slowly and steadily. In due time, you'll explore the question marks as well. Enjoy the increased well-being!



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body

- Breathe deeply, slowly, and intentionally for a couple minutes.
- Eat regularly to stabilize blood sugar.
- Eat healthily and slowly.
- Rarely eat sugar.
- Rarely rely on caffeine.
- Rarely drink alcohol.
- Get enough sleep.
- Rest when needed.
- Take a bath, possibly with Epsom salts.
- Exercise (yoga, walk, bike, etc.).
- Drink enough water daily.
- Drink a cup of tea while it's still warm.
- Have a chiropractic, acupuncture, or massage appointment.
- Use essential oils safely and strategically.

mind

- Practice positive self-talk when things get hard.
- Practice self-compassion when you make mistakes.
- Do nothing for two minutes and give your mind a rest.
- Practice staying in the here and now through mindfulness.
- Take breaks from technology and notify people in advance.
- Write in a journal to release worries, manifest intentions, or practice gratitude.
- Read books for fun.
- Learn something new.
- De-clutter things that don't bring you joy.
- Plan and prep meals in advance to save time and energy during the week.
- Take day trips or longer vacations.

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heart & emotions

Make time to do the things you enjoy most (favorite books, movies, sports, etc.)
Allow yourself to be sad and truly feel all the feelings when needed.
Find things and people that make you laugh.
Pick only supportive people to be around whenever possible.
Express yourself creatively through dance, music, or art.
Go to therapy.
Channel your anger through social action.
Say yes to new things that could bring more fun and joy to your life.

soul & intuition

Intentionally set aside alone time to reflect and connect with yourself.
Listen to the messages within yourself.
Find a like-minded community and speak your truth.
Love yourself unconditionally.
Spend time in nature.
Regularly set intentions for yourself and your life.
Make decisions by following your intuition.
Set boundaries when your intuition is clear.
Practice optimism and hope.
Contribute to causes you believe in.

relationships

Make time to connect with friends whose company you enjoy.
Spend quality time with your partner or spouse.
Engage in activities you enjoy doing with your children.
Connect with your relatives in ways that feel comfortable.
Spend time with your animals.
Be authentic and vulnerable with people you trust.
Allow others to do things for you.
Ask for help when you need it.
Expand your village if desired.

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work well-being

Balance your schedule so that the challenging parts are as spread out as possible.

Arrange your classroom or office so it is comforting and not overstimulating.

Delegate responsibilities whenever possible.

Admit when you need help with something and ask for support.

Do literally nothing but rest on a break.

Go to the bathroom when needed and advocate for change if this is a challenge.

Ask for ample, sustained quiet time to engage in planning and prep.

Select a cutoff time for when you'll finish your work and stick with it.

Only say yes to projects or tasks that match your strengths.

Take time to connect with supportive and helpful colleagues.

Collaborate with your team to evenly distribute responsibilities by respective strengths, interests, and availability.

Advocate for prevention-focused schoolwide systems (Multi-Tiered Systems of Support, PBIS, Social Emotional Learning, etc.) so there are fewer crises.

Meet with a highly supportive Professional Learning Community.

Take time off when sick.

Take mental health days when needed.

File away thank you cards and compliments to be reviewed when needed.

Consult with the School Psychologist if needing support with your work.

Seek help from a support professional or administrator if experiencing secondary trauma from work with numerous students with trauma histories.

Advocate for regular schoolwide efforts that show gratitude for and honor staff.

To explore more support through educator well-being, social and emotional learning, and coaching and consultation, visit
www.constantloveandlearning.com



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