

Self-Care & Wellbeing for Teachers



Table of Contents

Self-Care & Wellbeing for Teachers	3
Mindfulness	4
Resource: Mindfulness Practice	6-7
Self-Care & Wellbeing	8
Practicing Self-Care & Wellbeing	9-10
Resource: Wellbeing Checklist	12
Case Studies	15-18
Practicing being more Balanced	20-21
Conclusion	22
Resource: My Wellbeing Toolkit	23
Notes Pages	25-26
Completion Certificate	27

Self-Care & Wellbeing for Teachers

Self-care is grounded in science and is research-based.

One way to begin thinking about self-care and well-being is to begin with **self-awareness**. When we are aware of our emotions, thoughts, and behavior we can make choices for ourselves that are centered around our own wellness.

Mindfulness, which is a self-care tool, can also help us develop our self-awareness.

Let's explore these ideas and develop a better self-care and wellness plan in this digital workshop.



Reflection

How would you describe your self-awareness skills?



Mindfulness

Mindfulness can help us in developing our self-awareness. It also has so many other benefits. It is important, though, to know that self-care is different for everyone and it is not a cure-all for massive challenges.

Part of caring for yourself is to not ignore the reality of your situation.

Here are some benefits of using mindfulness:

- Better sleep
- Less stress
- Better able to cope
- Clarify
- Emotional Regulation
- Lower heart rate
- Better able to relax
- Ability to use a growth mindset
- Feeling more calm
- Lower blood pressure
- More positive
- Feeling in control
- Improved mood
- Feeling capable
- Better mental health
- More patient

When you are mindful of your emotions, behavior, thoughts, and physical healthy, what benefits do you notice?

As you look through the benefits of mindfulness, which ones stand out to you the most?

Your nervous system is your curriculum. When you are regulated, you can relate to others and create connection. When you are stressed or when trauma resides in your nervous system, you are unable to relate to others and build relationship.

It is important for teachers to regulate themselves first so they can then relate and reason.

Practice with this mindfulness resource below.



Mindfulness Practice is a great way to take a breath and calm your mind. Use this whenever you need to have a quick break from your busy day.

Find this resource on the following page.



Learning Certificate

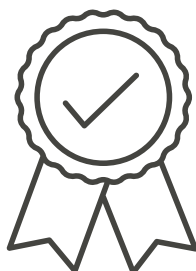
CERTIFICATE OF COMPLETION

THIS CERTIFIES THAT

successfully completed the Seltrove SEL:

Self-Care & Wellbeing for Teachers

on _____ (date).





Ready to learn more?



Print and Go Series

Learn more with packs on other topics such as growth mindset, emotions, empathy, and teacher wellbeing.

Full Length Teacher Workshops
Go in-depth by subscribing to a full length, digital teacher workshop at www.seltrove.com.



Digital Class Packs

Find specific resources on topics like empathy and growth mindset in our digital class packs. Find these on www.seltrove.com.