PORTABLE PRACTICES FOR

PROMOTING SELF CARE!

Promising Morning Rituals

- Mindful Reflection
- Mediation
- Silence
- Music
- Exercise
- Dedicated time with a trusted colleague
- Quiet time with coffee/tea
- A moment of gratitude
- Situate yourself to feel calm, collected, and settled

Promising Midday Practices

- Create a classroom with calm lighting, sounds, and culture
- Get outside and breathe fresh air, enjoy positive time with students
- Connect with colleagues on positive efforts and events
- Focus on solution-oriented thinking
- Read for leisure or professional learning
- Reflect on positive things that happened
- Mediate or use mindful reflection
- Connect with coaches, colleagues, and administrators to voice concerns
- Slow your body down to take time in your steps, thoughts, and movements
- Value your efforts, contributions, and embrace self-compassion
- Practice mindful eating to nourish your body and mind

Emotional Sustainability

- Breathe and reframe thinking
- Communicate and seek support/guidance
- Journal
- Go for a walk, reset/refresh
- Use a mantra and return to your why
- Take alone time and space
- Count backwards
- Positive time with students and colleagues
- Read and have handy motivational quotes
- Seek outside counsel

Explorable:

- *http://ei.yale.edu/*
- *https://brenebrown.com/*
- *https://www.mindtools.com/*
- *https://thecornerstoneforteachers.com/blog/*
- *https://kriscarr.com/*
- *https://www.cultofpedagogy.com/*

Consumable:

- *https://www.onwardthebook.com/resources/*
- *https://tinyurl.com/balancedteacherpodcast*
- *https://teacherselfcarepodcast.podbean.com/*
- *https://www.goodlifeproject.com/podcast/*
- *https://onbeing.org/series/podcast/*
- *https://www.headspace.com/headspace-meditation-app*

Breathable:

- *https://www.uclahealth.org/marc/default.cfm*
- *https://www.calm.com/*
- *https://www.breatheforchange.com/*
- *https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8-breath/*

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