Oh yeah...me!
Self-care for Student Teachers

Look familiar??

Leslie Knope self-care
QUIZ TIME!
#1: Make a page that looks like this:
#2: Rate each item 0-10 scale 0=poor, 5=ave, 10=exc

- **M:** _____ _____ _____ _____ = _____
- **E:** _____ _____ _____ _____ = _____
- **C:** _____ _____ _____ _____ = _____
- **A:** _____ _____ _____ _____ = _____
- **R:** _____ _____ _____ _____ = _____
- **E:** _____ _____ _____ _____ = _____
- **TOTAL** = _____

Meta

*I’ve identified what’s meaningful/valued to me and prioritized its place in my life.*

*I take regular time to consider “big picture” issues via meditation, prayer, or mentorship.*

*I participate in a fulfilling spiritual community or connection.*

*I find regular inspiration in nature, reading, or the arts.*

*I contribute to causes in which I believe via volunteering/serving.*
Too Busy to Meditate??

**QUIZ TIME!**

#1: Make a page that looks like this:

#2: Rate each item 0-10 scale 0=poor, 5=ave, 10=exc

- **M:** ___ 5 ___ 3 ___ ___ ___ = ___
- **E:** ______ ______ ______ ___ = ___
- **C:** ______ ______ ______ ___ = ___
- **A:** ______ ______ ______ ___ = ___
- **R:** ______ ______ ______ ___ = ___
- **E:** ______ ______ ______ ___ = ___
- **TOTAL** = ___
Environment

*I maximize the beauty of my environment by decluttering and adding lovely sights, sounds, and smells around me.

*I minimize excessive work hours. I determine how much time I’ll spend with work and stick to it.

*I schedule regular time away from phones, email, internet.

*I can and do comfortably say no to extra responsibilities when appropriate.

*I take daily, weekly, monthly, and annual time to slow down, get away from it all, and rejuvenate.

How about more like this??

- Tom and Donna self care
Career

*I take a break during the workday such as lunch.
*I balance taking time to chat with co-workers with making quiet time to complete tasks.
*I identify projects or tasks that are exciting and rewarding.
*I set healthy boundaries and limits with supervisors, students, and parents.
*I have and use a support team for work stress, e.g., supervisor, co-workers, therapist.

Anatomy

*I eat healthy, regular meals, minimizing processed/fast foods and getting ample fresh fruits and veggies. I drink 6-8 glasses of water daily.
*I engage in regular activity/exercise that I take joy in and includes cardio, strength, and stretching elements.
*I get at least 6-8 hour of sleep each night and practice healthy sleep hygiene (e.g., no media 30 min. prior to sleep, dark/quiet/cool room).
*I get regular preventative and needed medical care and take time off when sick.
*I wear clothing I like that’s comfortable and an expression of myself and my style.
Relationships

*I schedule regular activities with my significant other/kids/relatives. I take ample time/energy to nurture and grow these relationships.

*I have friends I can be myself with and at least one close friend on whom I count for acceptance, support, and encouragement in hard times.

*I foster intimacy by sharing my true thoughts, feelings, fears, hopes, and ideas with those I trust.

*I ask for help when I need it. I allow others to do things for me.

*I can forgive someone when I’ve been hurt. When I hurt someone, I am able to seek forgiveness.

Emotions

*I take regular time to notice my inner experience—listen to my thoughts, beliefs, attitudes, and feelings. I listen and attend vs. stuff and keep pushing.

*I give myself ample compassion, affirmation, and praise and surround myself with others who do likewise.

*I identify comforting activities, objects, people, and places and seek them out.

*I find things that make me laugh.

*I’m open to bad days, messing up, and not knowing. I cultivate patience and acceptance with myself and others. I don’t make perfection a requirement for love.
Your ME CARE Plan

- Meta:

- Environment:

- Career:

- Anatomy:

- Relationships:

- Emotions:

Online Mental Health Resources for your Classroom

- [www.heysigmund.com](http://www.heysigmund.com)
- [www.gonoodle.com](http://www.gonoodle.com)
- [www.howidecide.org](http://www.howidecide.org)
- [www.howidecide.org/mindful-choices/](http://www.howidecide.org/mindful-choices/)
Local Resources for Mental Health Help

- Your supervisor, school psychologist, and/or principal
- Cache Valley Mental Health list serv
  - Email group at cvmhl@lists.usu.edu to access a broad variety of providers in the valley
- Logan Regional Hospital’s Emergency Department
  - crisis assessment and possible hospital admission
  - police will assist and transport if needed
- Counseling and Psychological Services (CAPS)
  - Taggart Student Center 306