

## Educator Self-Care During the Covid-19 Pandemic

We are facing challenging times with many unknowns and this can often increase our levels of stress and anxiety. Below is a list of recommendations that may help.

- **Schedule** - teachers often thrive on a schedule so make one for yourself so that you feel more in control of your day
- **Get Off to a Good Start** - have a morning routine that sets you up for success for the rest of the day. It could involve exercise, yoga, journaling, reading, or meditation
- **Hygiene** - be sure to wash your hands regularly and follow recommended protocols for the prevention of the spread of Covid-19
- **Exercise** - Get regular exercise at your level of frequency, time and intensity
- **Hydration** - drink plenty of water or enjoy an herbal tea
- **Nutrition** - be sure to eat quality nutritious food and meal prep whenever possible
- **Sleep** - get plenty of good quality rest and take a brief nap if possible
- **Activities / Hobbies** - continue to do the things you love or pick up a new activity you have been meaning to try (music, art, reading, journaling, meditation, photography, cooking, organizing a space in your home, decluttering, etc.)
- **Get Outdoors** - each day, regardless of the weather, get outside for a period of time and take in the fresh air and scenery
- **Stay Connected** - even if you are self-isolating or social distancing, stay in contact with family and friends through the phone or video messaging
- **Manage your Anxieties** - if you do become highly anxious be sure to calm your physical body before rationalizing thought. Deep conscious belly-breaths with a long exhale through your nose, a drink of water, a quick walk or body movement, exposure to cold, singing or humming, and stimulation of one of more senses are all good strategies for calming.
- **Continue Living** - try to keep your days as normal as possible. Try not to let fear interfere with your day-to-day living
- **Reliable Information** - be sure that your source of information regarding the pandemic is reliable and be sure to check in minimally. Avoid social media sites that promote fear and spread mis-information. Try to be as "tech-free" as possible.
- **Mindfulness** - be sure, several times throughout the day, to draw your attention to the present moment. Perhaps you can set an intention or practice gratitude in that moment.
- **Self-Compassion** - be kind to yourself and be a friend to yourself - it's okay if you're not at your best. Give yourself love, kindness and compassion just as you would others.
- **Ask for Help** - if you are struggling reach out for help

### Sites for support

[www.teacherwellness.ca](http://www.teacherwellness.ca)

Facebook: <https://www.facebook.com/Nbteacherwellness>

Twitter: @wellteacher235