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Issue 3

4/3/20

Self-Care for Educators Newsletter

Self-Care During the Coronavirus Outbreak

* Article: [How to Practice Self-Care During the Coronavirus](https://www.msn.com/en-us/news/other/how-to-practice-self-care-during-coronavirus/ar-BB11bUW0)
* Resource: [Free Online Courses on Well-Being](https://www.coursera.org/promo/wellness-free-courses?utm_medium=email&utm_source=marketing&utm_campaign=qguKIG70Eeqd_xFKDENJkw)

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Parenting During the Coronavirus Outbreak

* Article: [Daily Schedule Advice for ADHD Families](https://www.additudemag.com/daily-schedule-coronavirus-home-school/)
* Resource: [Printable Communication Supports](https://sites.google.com/view/studentswithasdathome/communication-supports)

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Supporting Students During the Coronavirus Outbreak

* Article: [Managing Behaviors at Home During the Virus Pandemic](https://www.milestones.org/resources/blog/2020/03/24/managing-behaviors-at-home-during-the-virus-pandemic)
* Resource: [KATC Communication Supports](https://sites.google.com/view/studentswithasdathome/communication-supports)



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 Strategies for the Mind

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Breathing

* Article: [Breathing Techniques for Stress Relief](https://www.webmd.com/balance/stress-management/stress-relief-breathing-techniques#1)
* Resource: [Controlled Breathing](http://yourskillfulmeans.com/knowledgebase/controlled-breathing/)

Mindfulness

* Article: [RAIN: A Four-Step Process for Using Mindfulness in Difficult Times](https://mrsmindfulness.com/r-n-four-step-process-using-mindfulness-difficult-times/)
* Resource: [Mindful Pause Script](http://yourskillfulmeans.com/knowledgebase/mindful-pause/)



 Strategies for the Body

Yoga

* Article: [Gentle Yoga, Mindful Movement, and Indoor Walking](http://www.mindfulteachers.org/2018/08/self-care-videos.html)
* Resource: [Yoga on YouTube](https://video.search.yahoo.com/yhs/search;_ylt=AwrCmmRB2G9esUEAKwAPxQt.;_ylu=X3oDMTByMjB0aG5zBGNvbG8DYmYxBHBvcwMxBHZ0aWQDBHNlYwNzYw--?p=free+yoga&fr=yhs-pty-pty_email&hspart=pty&hsimp=yhs-pty_email&guce_referrer=aHR0cHM6Ly9zZWFyY2gueWFob28uY29tL3locy9zZWFyY2g_aHNwYXJ0PXB0eSZoc2ltcD15aHMtcHR5X2VtYWlsJnBhcmFtMj0wZmM3ZDMzNS1hY2E0LTRkMTItOGUxYy03NTRhZDZmNGY0OWImcGFyYW0zPWVtYWlsX35VU35hcHBmb2N1czF-JnBhcmFtND1kLWNjYzEtbHAwLWJiOX5DaHJvbWV-ZnJlZSt5b2dhK3ZpZGVvc343QjZFNjJBMUJBMTRGRTg2OTQwQThFMEM4ODlFOEI4OSZwYXJhbTE9MjAxODA4MTQmcD1mcmVlK3lvZ2ErdmlkZW9zJnR5cGU9ZW1fYXBwZm9jdXMxX2Ny&guce_referrer_sig=AQAAABF1U6u6reE7ootqO7XX9ClK1Irl4LwT_TDUc5Dsby5LpeeEhB29ASYBGBq-6Kcl01Amo-iycOdreMVtcvL7Thha8A2EGMdUPovaJCxAmVN7L_W9rueD9niDyId4lToDqsfTqG9ZP6hhO-lgdLJdF8fJpP0ZdJNq2dIE344DeUMm&_guc_consent_skip=1584388325)

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Nutrition

* Article: [Families Finding the Balance](https://www.nhlbi.nih.gov/health/educational/wecan/downloads/parent_hb_en.pdf)
* Resource: [Eatright.org](https://www.eatright.org/food#Nutrition)

Exercise

* Article: [Why is Physical Activity So Important for Health and Well-Being](https://www.heart.org/en/healthy-living/fitness/fitness-basics/why-is-physical-activity-so-important-for-health-and-wellbeing)
* Resource: [Physical Activity Resources](https://www.hhs.gov/fitness/resource-center/physical-activity-resources/index.html)

Sleep

* Article: [11 Surprising Benefits of Sleep](https://www.health.com/condition/sleep/11-surprising-health-benefits-of-sleep)
* Resource: [Headspace App: Meditation for Sleep](https://www.headspace.com/meditation/sleep)

 Strategies for the Soul



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Good for the Soul

* Article: [10 Ways to Detox Your Soul](https://www.powerofpositivity.com/detox-soul/)
* Resource: [Soultime](https://www.soultime.com/)

Humor

* Article: [Why Your Brain Loves to Laugh](https://thebestbrainpossible.com/why-your-brain-loves-to-laugh/?utm_content=buffer2bc77&utm_medium=social&utm_source=twitter.com&utm_campaign=buffer)
* Resource: [Funny Animal Videos](https://www.youtube.com/watch?v=HuwIWiBnRkc)



 Self-Care Spotlight

Recently, we spoke with USD 233 Sunnyside Elementary special education teacher, Stacy Slabaugh, about the importance of self-care. Stacy has been a special education teacher for five years and enjoys her life with her husband and 4-year-old daughter. Stacy shares some self-care tips below:

**Q: What does self-care mean to you and how do you balance the demands of your personal and school life?**

1. To me, self-care is doing something for yourself daily that brings you joy or helps you de-stress. Balancing the demands of my personal and school life can be challenging. One thing I try hard to do is not let my work demands overlap with my home life. I leave my work at school so I can spend time with my loved ones in the evening. If there is something I have to bring home, then I wait to work on it until after my child is asleep. Besides let's be honest, if I bring my teacher work bag home it often doesn't get opened anyway, so it might as well stay at school.

1. **What are some specific self-care strategies you utilize?**
2. 1) Leaving work at the same time each day has been important for me.

2) Taking my lunch time out of my classroom to eat and do something not school related (ie: talk to co-workers in the teacher lounge, check my phone, sit in my car or outside).

3) Leaving my teacher bag at school.

4) Making lists of things I need to do and prioritizing the needs or due dates.

5) Eating breakfast and drinking coffee (often to-go but better than skipping).

6) Wearing headphones when I need to concentrate and not be interrupted at school during my plan time or when I don't have students I am working with one-on-one.

7) Chewing sugar free gum when I am craving candy or chocolate because I am stressed.

8) Having my lunch made the night before so I don't have to make it in the morning, this helps me be on time or early so I don't stress about being late or not having lunch.

9) Listening to a book on tape/recorded (Amazon's Audible) when I am going on long drives.

10) Having a set bedtime and not playing games or on social media on my phone. Getting enough sleep every night is so important in self-care.

11)Praying and meditating daily before I go to sleep.

12)Taking baths and relaxing alone after I put my child to bed helps me when I am stressed.

13)Alone time, shopping, or talking to a friend by myself always helps when I am feeling down.

14) WINE! I joined a wine club to keep it coming. I don't drink a lot but if all else fails then wine!

1. **How does humor factor into self-care?  How about gratitude?  Do you have specific practices you utilize to incorporate humor and gratitude into your life?**

Humor is very important in self-care. Everyone should spend some time laughing. As an Emotional Disturbance Teacher, I help a lot of students dealing with emotions from traumatic experiences they've endured. The feelings they express can come out in very vulgar, rude, disrespectful, and often violent situations. Regardless, my team (paras) and I find ways to laugh when we can, and we laugh often! When the kids are upset we often try to find ways to make them laugh too. Having co-workers you can talk to and joke with helps fill that self-care need. After a hard day I like watching comedies on TV and I try not to watch anything too serious or too sad.

I incorporate gratitude in my day when I pray before bed. I thank God for all the things He has provided for me over my life and I pray for those in need.

1. **Why is practicing self-care and having balance in your life necessary?  Have you had experiences where you learned the "hard way" that you had to make changes in your life?**
2. Leaving work at the same time each day has been a blessing and something I've had to learn the hard way. If your boss expects you to arrive at work by the same time each day, then your personal life boss (you) should expect the same at the end of each day. My contract time ends at 4pm but I know I need at least 20 minutes after taking my students to the bus to call parents, check email, wrap things up, and turn everything off. So, I push myself to leave everyday by 4:20. Before I had a child I would stay at work at least an hour or longer every night because I didn't value having any balance in my life and my self-care. I did that because I never felt like my work for the day was complete. In reality, not having a set end time to end my work day was more damaging to myself and my productivity. After a full day of school, I was exhausted and not thinking clearly. I'd leave school when I felt my work for the day was completed but that was just a lie because the work was never completed. There was always more to do. So, leaving work daily at 6, 7, or 8pm I was wasting my personal and self-care time and filling it with things I felt I was doing was important. Then I'd leave work still feeling like there was more to do and exhausted as ever. When I had a child that changed everything because she had to be picked up from daycare at a certain time each day. So now I have a set time each day that leave work because I was able to see the value in knowing when the day was over regardless of what I still had left to complete.
3. **What do you see as the benefits of practicing self-care? How does being a healthier YOU impact your family, your co-workers, your students, and their families?**
4. The number one benefit for me of practicing self-care is keeping my sanity intact. I always feel better when I am practicing self-care and when I feel better then I respond better to my family, co-workers, and students. I am able to think clearer and respond to problems and situations more positively. My attitude towards my work and the people in it is negatively affected if I am lacking in self-care.

“Thanks for giving me the opportunity to reflect on self-care. It's caused me to think more intentionally about some of the things I do or need to improve.” – Stacy Slabaugh

If you would like your share your self-care tips and be in the next Self-Care Spotlight, please email Nichole Hitchcock at nicholeh@tasnatbs.org.