



### **Self-care tips for teachers**

Being educators, there have been many changes you have seen in yourself over the past year. And in the recent months, there have been constant shifts between offline and online classes which require a lot of adjustment to new schedules, various teaching methods becoming a crucial time to pay attention to self-care. Remind yourself to make time for self-care, which is “essential service” for your well-being.

#### **Set and maintain boundaries.**

Working from home can blur the lines of when the workday starts and ends. Determine a schedule that takes into account a start time and an end time, your self-care practices, and breaks.

#### **Make time to reflect on your feelings and thoughts.**

It's important to recognize and name your emotions. When you're aware of a new feeling, take a moment to reflect on that thought. Name the feeling and identify why you may be feeling that way. Think about what you might need at that moment and in the future.

#### **Acknowledge moments of gratitude or joy.**

Look for moments of joy and connection and hold on to them. Try writing down humorous moments, something that made you smile, or something you're thankful for. You can write these moments in a journal or note them down in a diary to put near your work station. You can also share these moments with your students and ask them to share their own, also set up coffee/tea dates with your fellow colleagues over zoom/google meet to freshen up your week or day.

#### **Self-care routines**

Start and end your day with self-care practices. For example, you might start your day with a guided meditation and end your day with exercise.

With best wishes,  
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