



Self Care for Educators

Objectives	<ul style="list-style-type: none"> • Define self-care and list the benefits of practicing self-care behaviors • Identify warning signs of burnout/compassion fatigue • Explore strategies to engage in positive self-care behaviors
Slide Deck	<ul style="list-style-type: none"> • Self Care for Educators: Slide Deck
Video	<ul style="list-style-type: none"> • Self Care for Educators: Video • Self Care for Educators: Video Transcript
Resources	<ul style="list-style-type: none"> • Care for Caregivers: Tips for Families and Educators • Care for the Caregiver: Guidelines for Administrators and Crisis Teams • Self-Care Assessment • Self-Care Assessment Worksheet • Is your lifestyle causing you stress? • Compassion Satisfaction and Fatigue • Self-Care Wheel • Your portable guide to stress relief • My Maintenance Self-Care Plan • Emergency Self-Care Worksheet • Breathing Practices for Adults • Stress Relief Mental Activities • Stress Relief Physical Activities • Stress Management:How to Reduce, prevent, and Cope with Stress • Time to ditch ‘toxic positivity,’ experts say: ‘It’s okay not to be okay’ • NAMI National Helpline Resource Directory

