

# EDUCATOR SELF-CARE

## PARTY PLANNER



As an educator, your social and emotional learning (SEL) is equally as important as your students'. *Gale eBooks: Professional Learning Solution Tree* author, Tina H. Boogren, provided self-care steps during the Gale-hosted *Educators' Virtual Prom*. Consider sharing what you learned with your team in upcoming meetings or during your own celebration. Just follow these moves:

### FIRST STEP: INTRODUCE TINA

Introduce your team to Tina and her *Gale eBooks* title, *180 Days of Self-Care for Busy Educators*. It will help you and other educators support your health and wellness inside and outside of the classroom.



#### FROM WEEK ONE: *Music, 180 Days of Self-Care for Busy Educators*

Studies find that listening to music can reduce anxiety, depression, blood pressure, and pain as well as improve sleep quality, mood, memory, increase some cognitive functions, enhance learning and concentration, and ward off the effects of brain aging.

**ACTIVITY:** Share three songs you can't live without.

**NEXT STEP:** Create your own playlist.



#### FROM WEEK TWO: *Nutrition and Hydration, 180 Days of Self-Care for Busy Educators*

Research shows that hydration has a major effect on energy levels in the brain. Water maximizes physical performance, boosts the immune system, prevents headaches, regulates your body temperature, and puts you in a better mood.

**ACTIVITY:** Share your best tips to ensure you drink enough water throughout the day.

**NEXT STEP:** Drink a little more water each day.



#### ALIGNED WITH WEEK EIGHT: *Time, 180 Days of Self-Care for Busy Educators*

Dr. Rangan Chatterjee recommends "me time" to relieve stress, recharge, and more. He says it should be something unashamedly for you, not be an activity that involves a screen, and you're not allowed to feel guilty.<sup>1</sup> Take just 15 minutes of time for yourself!

**ACTIVITY:** Share what you will do with your 15 minutes.

**NEXT STEP:** Every day, for at least fifteen minutes, enjoy some time for you.



#### FROM WEEK TWELVE: *Gratitude, 180 Days of Self-Care for Busy Educators*

Harvard Medical School found that gratitude helps people refocus on what they have instead of what they lack.<sup>2</sup> Giving and sharing thanks can be easy. Send texts or handwritten notes, share appreciation at the start of a meeting, start a gratitude jar, or communicate gratitude practices through Google Classroom and social media—already embedded in your workflow through *Gale eBooks*.

**ACTIVITY:** Share three unique things you're grateful for within the last 24 hours.

**NEXT STEP:** Write and share your gratitude.

1. "4 Pillars of Health Dr. Chatterjee & Me Time," YJ, March 12, 2021.

2. "Giving thanks can make you happier," Harvard Health Publishing, Harvard Medical School, November 22, 2011.



### FINAL STEP: DANCE TO GALE

Like mental health, find what works best for you and your team by staying connected to the latest resources from Gale. See how you can provide sustainable, on-demand professional learning with renowned authors from Solution Tree, Corwin Press, ISTE, ASCD, and more.

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