Follow-Up Activities

# Navigating the Pitfalls and Promises of Educator Self-Care, Sara Knickerbocker, July 16, 2021

These are activities that you can do on your own, with a partner or with a small group of people. You could do some of these individually, some together, and then share with your partner or group how the activities are going, and support each other in building your own skills in positive psychology

## Overcoming Pitfalls and Obstacles

* Answer the questions below as a way to overcome some of the pitfalls and obstacles that can come up around self-care.
  + What is the one thing I can do to get back on track right now? It can be something small, as long as it moves you in the right direction.
  + What are fast and free types of self-care? Consider making a list on your own or brainstorming with a partner or a group and keeping it on hand when you need an idea.
  + What can you do to support self-care for yourself and your students? On your own, with a partner, with a small group, with your students, brainstorm a list that you can turn to later for ideas.

## Create a Self-Care Plan

* Create a list of things you want to stop doing, start doing, keep doing (save or continue)?
* Then pick one thing on the list to do/try. It could be a 1 minute add, a 1 hour add, or a once a day add.

## Start a Self-Care Club

* Find a group of people who can work together to support each other in the self-care journey. It could be a group of people you work with like teachers in your school, or a group of teachers from different schools. It could be a group of family members or friends, from your neighborhood or a Church/Synagogue/Temple/Mosque.
* Decide how you want to support each other. You might meet weekly, or monthly, or quarterly. You might meet in person or virtually. You might talk about what you have tried, ask questions of each other, share ideas, or try a book club.

## Ask Others

* As you learn about self-care you can share your ideas and ask others what they do. Taking time to engage in this important work lifts up self-care for you and also for the other people in your life.