



Teaching Channel

K12 Hub

# PORTABLE PRACTICES FOR PROMOTING SELF CARE!



## Promising Morning Rituals

- Mindful Reflection
- Meditation
- Silence
- Music
- Exercise
- Dedicated time with a trusted colleague
- Quiet time with coffee/tea
- A moment of gratitude
- Situate yourself to feel calm, collected, and settled



## Promising Midday Practices

- Create a classroom with calm lighting, sounds, and culture
- Get outside and breathe fresh air, enjoy positive time with students
- Connect with colleagues on positive efforts and events
- Focus on solution-oriented thinking
- Read for leisure or professional learning
- Reflect on positive things that happened
- Mediate or use mindful reflection
- Connect with coaches, colleagues, and administrators to voice concerns
- Slow your body down to take time in your steps, thoughts, and movements
- Value your efforts, contributions, and embrace self-compassion
- Practice mindful eating to nourish your body and mind



## Emotional Sustainability

- Breathe and reframe thinking
- Communicate and seek support/guidance
- Journal
- Go for a walk, reset/refresh
- Use a mantra and return to your why
- Take alone time and space
- Count backwards
- Positive time with students and colleagues
- Read and have handy motivational quotes
- Seek outside counsel

## Explorable:

- <http://ei.yale.edu/>
- <https://brenebrown.com/>
- <https://www.mindtools.com/>
- <https://thecornerstoneforteachers.com/blog/>
- <https://kriscarr.com/>
- <https://www.cultofpedagogy.com/>

## Consumable:

- <https://www.onwardthebook.com/resources/>
- <https://tinyurl.com/balancedteacherpodcast>
- <https://teacherselfcarepodcast.podbean.com/>
- <https://www.goodlifeproject.com/podcast/>
- <https://onbeing.org/series/podcast/>
- <https://www.headspace.com/headspace-meditation-app>

## Breathable:

- <https://www.uclahealth.org/marc/default.cfm>
- <https://www.calm.com/>
- <https://www.breatheforchange.com/>
- <https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8-breath/>