

Educator Self-Care Plan

About This Strategy

This strategy provides educators with a tool to create (and continually update) their own self-care plan. The goal of this tool is to assist educators in identifying areas of strength and growth related to self-care while developing their own self-care plan.

Preparation:

- Download and distribute copies (virtually or physically) of the [Educator Self-Care Plan worksheet](#).
- [Click here to access the facilitator guide](#).

Instructions:

1. Share that this activity is designed to help participants create a self-care plan after reflecting on their areas of strength and growth related to self-care.
2. Ask educators to take 5-10 minutes to think about ways they already practice self-care across the following domains:
 - Physical Self-Care (e.g., keeping physically active, eating regularly, taking regular breaks from screens and technology, maintaining a healthy sleep schedule)
 - Psychological Self-Care (e.g., making time for self-reflection, practicing mindfulness, noticing your inner experience, keeping a journal)
 - Emotional Self-Care (e.g., practicing self-compassion, engaging in routines that support your emotional health, grounding techniques, asking for help)
 - Relational Self-Care (e.g., staying in touch with important people in your life, sharing your feelings with others, joining communities related to hobbies or interests)
 - Professional Self-Care (e.g., chatting with coworkers, getting support from colleagues, pursuing regular professional learning)
3. Based on their reflection, prompt educators to use the worksheet to list practices that they are already using frequently within each of the five domains of self-care.
4. After completing their responses, ask educators to list new practices or strategies that they would like to incorporate in the future.
5. End the session by encouraging educators to select 3-5 practices from their list that they can commit to trying within the next month.