



MODULE 5

TEACHER SELF-CARE

HEALTH AND WELLNESS

Maintaining a balanced diet, sleep schedule, and activity routine is essential to your overall physical and emotional health. Focus on one small change at a time to improve maintenance.

POSITIVE AFFIRMATIONS

Make a list of short phrases or quotes that lift your teacher spirit. Reference these quotes on particularly challenging days to boost your mood.

SET PERSONAL GOALS

Try setting and accomplishing at least one small goal a day or each week. Examples may include drinking more water, complimenting your coworkers, changing negative thoughts, etc.

FIND YOUR TRIBE

Never underestimate a good laugh and fun times with your friends, both in and out of work. Make time to catch up, share stories, and engage with some of your favorite people.

CELEBRATE THE SMALL STUFF

Working in special education is hard work but very rewarding. Celebrate your students, coworkers, and your self when something good happens, no matter how small. It is meaningful.

STOP, BREATHE, & REFLECT

Take a few minutes alone after school to decompress. Think of at least one good thing that happened that day

References

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Lesh, J. J. (2020). Don't forget about yourself: Words of wisdom on special education teacher self-care. *Teaching Exceptional Children*, 52(6), 367-369.



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