

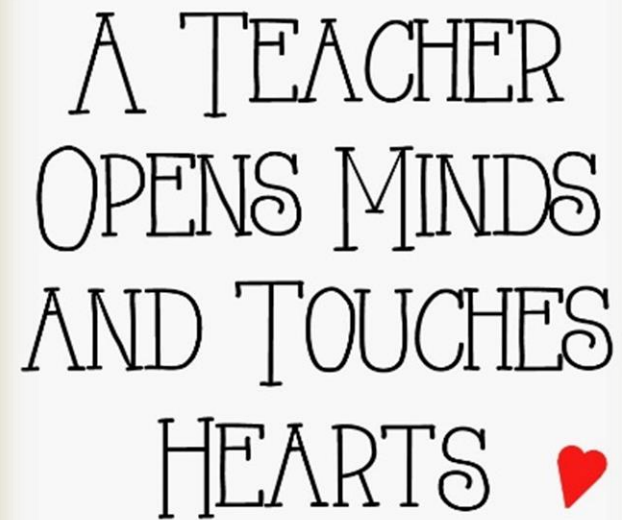



QUARANTINE SELF-CARE

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OUTLINE:

- **WELCOME (AMAZING EDUCATORS)**
- **PURPOSE**
- **WHAT TO EXPECT**
- **LET'S TALK**
- **SELF-CARE STRATEGIES**
- **RESOURCES FOR SUPPORT**



A TEACHER
OPENS MINDS
AND TOUCHES
HEARTS 

LET'S TALK

- 1 and 5 experience a mental illness
- 1 and 2 people are at risk for developing a mental illness
- Since COVID-19 there has been a 19% increase in anxiety and depression
- Increase of substance abuse, depression, loneliness, abuse of children, feelings of grief and loss
- Educators are experiencing high levels of stress at an all time high: new changes and norms (little time to prepare for e-learning, use of technology, separation from students & colleagues/how to protect the vulnerable, not feeling supported, multiple emails, added responsibilities and personal matters
- Negative coping skills: Avoiding the problem. ...
 - Smoking
 - Compulsive spending
 - Drinking too much caffeine
 - Escaping
 - Binge drinking
 - Sleeping all day
 - You become promiscuous.
- When to get help?
 - When our emotions are in a heightened state its important to reach out and speak to someone.



SELF-CARE STRATEGIES

1. It's OKAY, TO NOT BE OKAY!
2. Set and maintain boundaries.
3. Reflect on your feelings and needs.
4. Recognize what is and isn't in your control.
5. Acknowledge moments of gratitude or joy.
6. Be kind to yourself.
7. Stay connected in the right ways.
8. Learn to compartmentalize multiple crisis'
9. Practice patience and non-judgement
10. Be still being aware, being mindful but don't get stuck
11. Self create peace
12. Train your mind to be happy



RESOURCES FOR HELP

- When your body speaks, listen
- Communicate with a trusted friend
- Find a support group
- Talk to a mental health professional
- Confer with your primary care physician about changes in your body
- Contact local mental health center
- National Suicide Prevention Lifeline: 1-800-273-8255



REFERENCES:

- National Alliance of Mental Illness, 2019
- CASEL, 2020
- Association for Supervision and Curriculum Development, 2020
- National Suicide Prevention Lifeline
- Office of Justice Programs

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