



# MENTAL MONDAYS

Resources from your Mental Health  
Navigator

## What Is Self Care?

Self-care means taking the time to do things that help you live well and improve both your physical health and mental health.

## What can Self Care look like?

- Listening to Music
- Stay physically active
- Keep a balanced diet
- Spend time with friends & family
- Spend time alone with no outside demands.
- Get some sleep.
- Ask for help when you need it!

## Why is it important for educators?

Self care is crucial for educators! Research shows that 93% of teachers report high levels of work related stress (Riley-Missouri, 2018). Students who have teachers who are stressed are more likely to exhibit behavior issues and have lower overall achievement. As educators our goal is to make a difference in the lives of our students. We are unable to do this if we are not taking care of ourselves!

**Check out these resources for more information.**

**Quick Video!**

**Self Care Action Planner**