



Caring for Yourself

So You Can Care For Others

Connie Rensink



How Are You?





Impact of COVID, stress, violence, etc.

Teacher Behaviors

- Controlled Empathy
- Keep it together
- Show Strength (self)
- Pressure to be invincible (external)
- Take Care of Others Before Yourself

Long Term Impact

- Anxiety
- Excessive worrying
- Compassion Fatigue - indifferent
- Tired - dreading work
- Burnout - physical and mental exhaustion



Building Resilience

➤ Physical Health

- Drink water
 - Eat well
 - Get enough sleep/rest
 - Exercise
 - Get outside
- 



Building Resilience

➤ **Mental Fitness**

- Breath - mindfulness
- Self Talk - gratitude
- Stay in touch with friends
- Set boundaries
- Get Organized

➤ **Emotional/Spiritual Practice**

- Meditation or prayer
- Counseling

TAKE BREAKS! *(without guilt)*



5-4-3-2-1 Technique

5 Things You Can See



5-4-3-2-1 Technique

4 Things You Can Touch



5-4-3-2-1 Technique

3 Things You Can Hear



5-4-3-2-1 Technique

2 Things You Can Smell



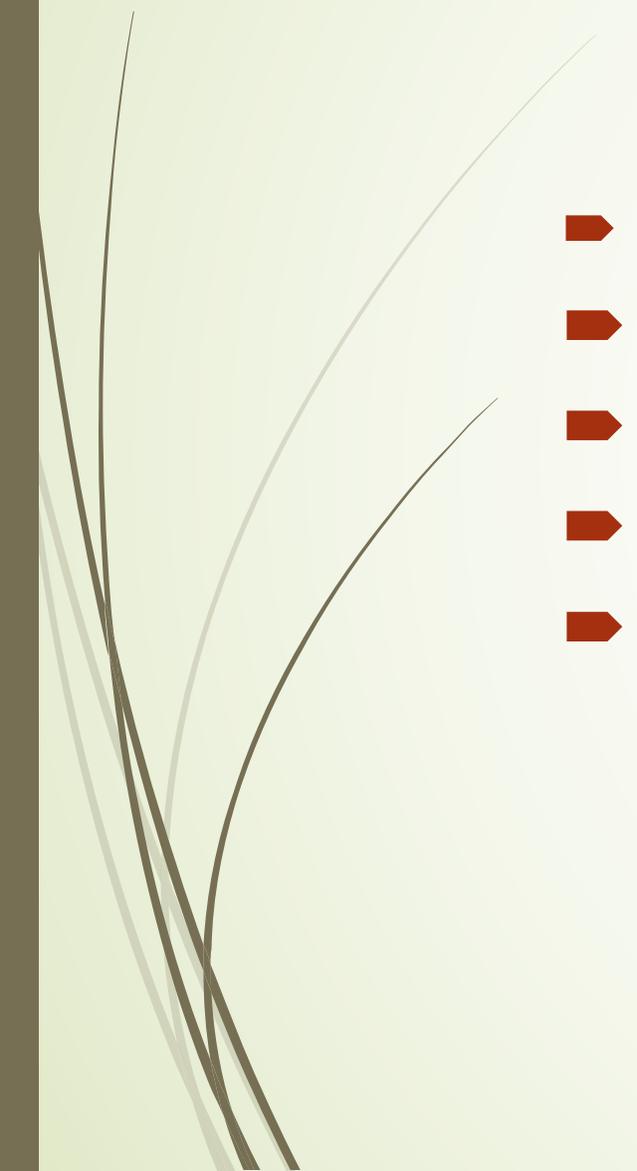
5-4-3-2-1 Technique

1 Thing You Can Taste





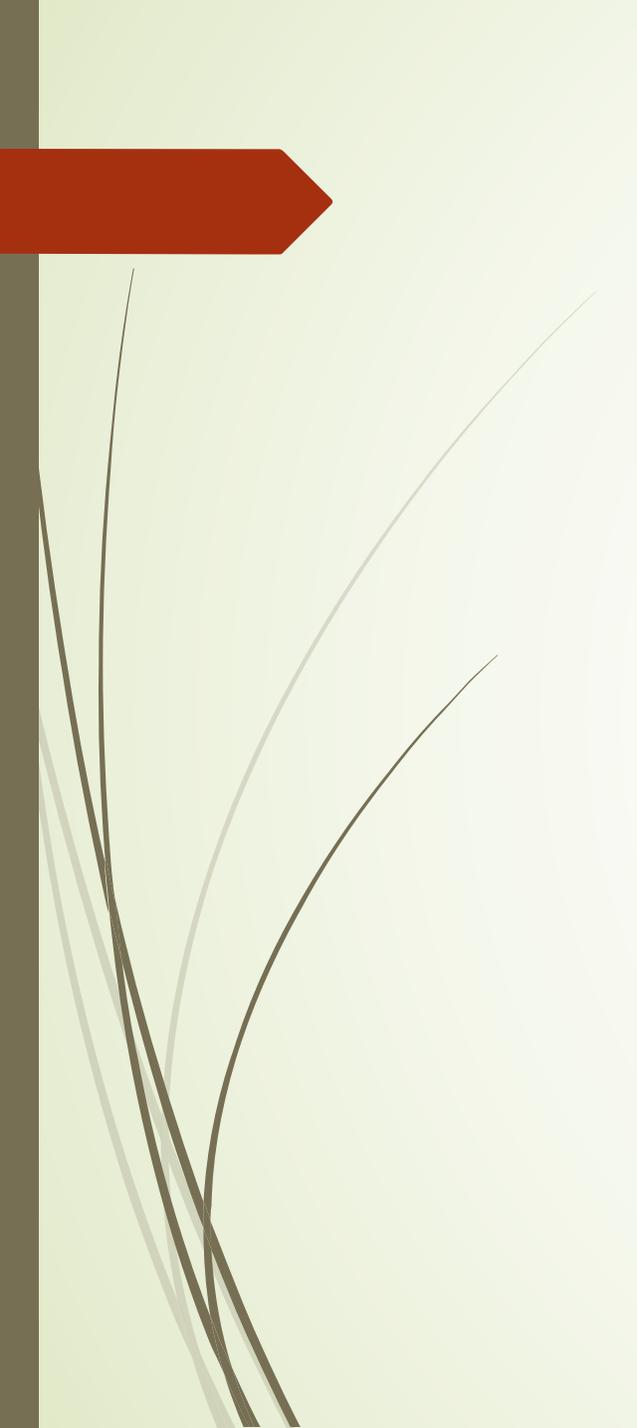
5-4-3-2-1 Technique

- 5 Things You Can See
 - 4 Things You Can Touch
 - 3 Things You can Hear
 - 2 Things You Can Smell
 - 1 Thing You Can Taste
- 



Building Resilience

- **Change To Do List to Schedule**
 - Me time
 - Relationship time
 - Work time
 - **Design your Week**
- 



**If you don't
pick a day
to relax,
your body will
pick it for you.**



An extraordinary life doesn't need to be filled with just accomplishments. An extraordinary life is often found in the simplest of moments – times of love, of courage, of empathy, of simply being there for each other.

Truly the ordinary is often the most extraordinary.

~ Rachel Marie Martin



HONOR YOURSELF
ENOUGH TO SLOW DOWN
WHEN YOUR
BODY AND SOUL
NEED REST.
IT'S NOT A LUXURY.
IT'S A NECESSITY.

mary davis

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JUNE

Be present.

Let the day flow with grace.

Expect joy. Be positive.

Serve with compassion.

Speak only kindness.

Impart only love.

Never forget you're not alone.

Give thanks for everything.

See goodness in others.

mary
davis

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