



Cherokee County
School District

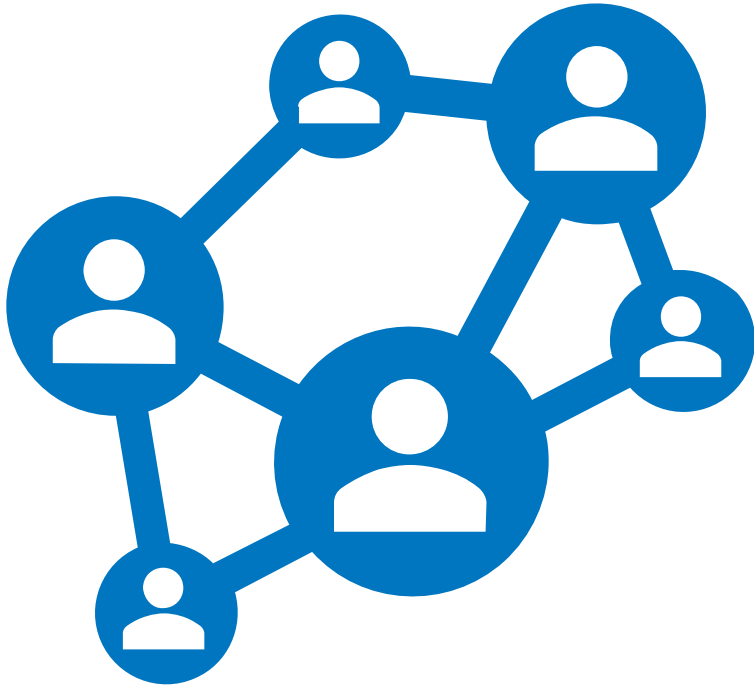
TEACHER SELF-CARE

BE PRACTICAL



- Create an AM/PM workflow
- Prioritize your tasks
- Continue to find organizational hacks
- Schedule your time at 70%
- Keep encouragement nearby
- Utilize natural calendar rhythms to restart
- Give yourself grace – not every lesson needs to be larger than life.

EMBRACE CHALLENGE & FEEDBACK



- Get a regular check-in partner
- Build your professional network
- Attend training and conferences
- Do peer observations with feedback
- Submit to coaching
- Consider a new grade level or subject area

SET BOUNDARIES



- Unplug during weekends
- Set boundaries with others and say NO
- Set boundaries with yourself – your identity is not your job
- Try to protect your school breaks
- Turn off email notifications on your phone
- Go home – the work will be there in the morning
- Set social media limits for yourself

STAY HEALTHY



- Go on regular health checkups
- Maintain healthy habits and be accountable with others
- Prioritize exercise
- Utilize mental health resources
- Pause when stressed and practice mindfulness
- Establish a relaxing evening routine to get 7-8 hrs of sleep
- If a person of faith, lean into your faith

HAVE FUN



- Plan vacations
- Have a good laugh
- Work with your hands
- Invest in friendships
- Stay out of the teacher's lounge
- Be outside
- Continue to engage in hobbies

THINK TRUTH



- Prioritize time to journal and reflect
- Wait to respond when not escalated
- Have a growth mindset
- Regularly celebrate small wins
- Practice deliberate gratitude
- Learn to let things go
- Don't take accusations or feedback as a personal attack



To Mrs. Bowley

Love you No one has
never ~~tried~~ tried to
See who I was.

They only saw my
Cover.



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