



TRANSFORMING TEACHING
THROUGH
SELF-CARE

[illegible]

CLARIFYING *MY* BOUNDARIES

JOY

REST

WORK

HOME



PRACTICING SELF-COMPASSION

What do I need in this moment?

"This is a moment of suffering. Suffering is part of life. May I be kind to myself in this moment. May I give myself the compassion I need."

Kristin Neff,
*Self-Compassion: The Proven
Power of Being Kind to Yourself*

"Being human is not about being any one particular way; it is about being as life creates you—with your own particular strengths and weaknesses, gifts and challenges, quirks and oddities."

Kristin Neff,
*Self-Compassion: The Proven Power of
Being Kind to Yourself*

"The real treasure offered by mindfulness—its most amazing gift—is that mindfulness provides us with the opportunity to respond rather than simply react."

Kristin Neff, *Self-Compassion: The
Proven Power of Being Kind to
Yourself*



IDENTIFYING *MY* VALUES

ABUNDANCE
ACCEPTANCE
ACHIEVEMENT
ACTIVISM
ADAPTABILITY
ADVENTURE
ALTRUISM
AMBITION
ATTENTIVENESS
AUTHENTICITY
AUTONOMY
BALANCE
CARING
CELEBRATION
COLLABORATION
COMMITMENT
COMMUNITY
COMPASSION
CONTENTMENT
CONTEMPLATION
CONTRIBUTION
COOPERATION
COURAGE
CREATIVITY
CURIOSITY
DEMOCRACY
DIVERSITY
EFFICIENCY
EMOTIONAL EXPRESSION
EMPATHY
EMPOWERMENT
ENVIRONMENT
EQUALITY
EQUITY
EVOLUTION
EXCELLENCE
FAIRNESS
FORGIVENESS
FOLLOWING A CALLING
FREEDOM
FUN
FUTURE GENERATIONS

GENEROSITY
GIVING BACK
GRACE
GRATITUDE
GROWTH
HAPPINESS
HARMONY
HEALTH
HONESTY
HOPE
HUMOR
IDEALISM
IMAGINATION
INCLUSION
INDEPENDENCE
INITIATIVE
INTEGRITY
INTERDEPENDENCE
INTUITION
JOY
JUSTICE
KINDNESS
KNOWLEDGE
LEADERSHIP
LEARNING
LEGACY
LEISURE
LOVE
LOYALTY
MAKING A DIFFERENCE
MEANINGFUL WORK
MINDFULNESS
NATURE
NURTURING
OPENNESS
OPTIMISM
ORDER
PARENTING
PASSION
PATIENCE
PEACE
PERSONAL GROWTH

PLEASURE
PRODUCTIVITY
RELIABILITY
RESOURCEFULNESS
RESPECT
RESPONSIBILITY
REST
RISK-TAKING
ROMANCE
SAFETY
SECURITY
SELF-DISCIPLINE
SELF-EXPRESSION
SELF-RESPECT
SHARING
SOLITUDE
SERENITY
SERVICE
SIMPLICITY
SPIRITUALITY
SUCCESS
SYMBIOTIC RELATIONSHIP
WITH THE EARTH
TEAMWORK
THRIFT
TIME
TRADITION
TRAVEL
TRUTH
UNITY
UNDERSTANDING
UNIQUENESS
USEFULNESS
VISION
VULNERABILITY
WELL-BEING
WHOLEHEARTEDNESS
WISDOM
ZEST

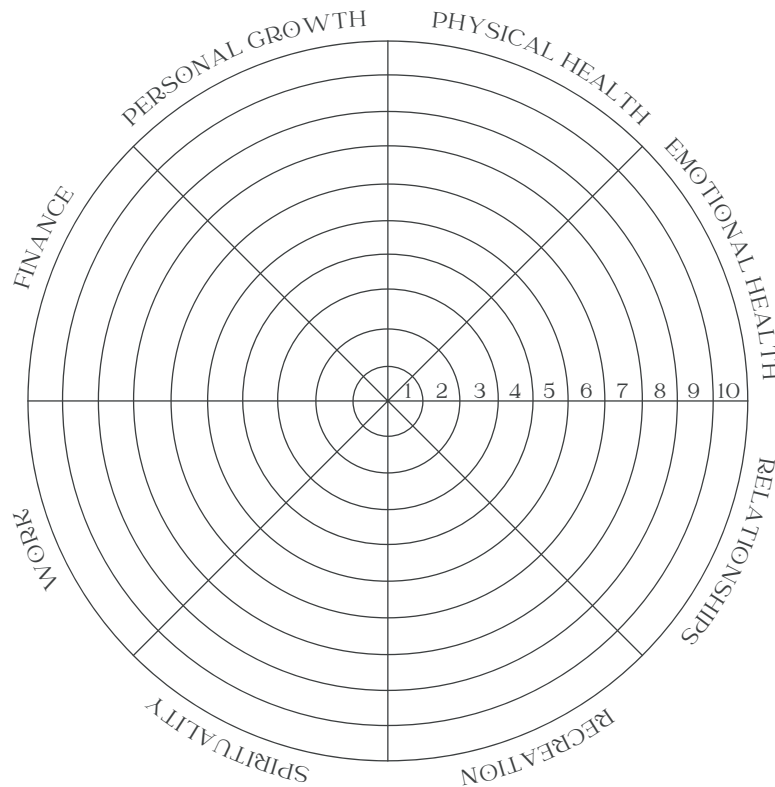


HOLISTIC WELLNESS

CHECK-IN

Explore the descriptors in each wellness category listed below. Additionally, feel free to add your own to each category. These are not definitive of every mindset or action in this category, but intended to create clarity about what this aspect of your wellness could entail.

After reflecting on each aspect of your wellness, determine how you would rate that area on a scale of 1-10. Shade in your determined level of wellness on the Holistic Wellness Wheel.



Active decision making Set limits Take responsibility Ask for help Set and pursue goals Speak up Prioritize tasks that align with my values Practice self-compassion Develop emotional awareness Trust my instincts Engage in problem solving Challenge de-humanizing systems _____

IN WHAT AREAS OF MY LIFE DO I NEED TO ASSERT MY POWER TO SUPPORT MY OWN WELLNESS?



PERSONAL GROWTH

- ☐ I AM AWARE OF WHAT I WANT MY LIFE TO BE LIKE
- ☐ I AM OPEN TO DOING THINGS A NEW WAY
- ☐ I AM CURIOUS ABOUT MYSELF AND THE WORLD AROUND ME; I FOLLOW MY CURIOSITY
- ☐ MY ACTIONS ARE ALIGNED WITH MY PERSONAL VALUES; MY INTERNAL AND EXTERNAL WORLDS ARE INTEGRATED
- ☐ I SEEK OUT RESOURCES TO BRING AWARENESS TO PAST EXPERIENCES OF SUFFERING, STRESS, OR PAIN
- ☐ I TAKE ACTION IN MY LIFE TO CREATE THE LIFE I WANT TO HAVE
- ☐ I HAVE GROWN IN A POSITIVE WAY THROUGHOUT THE PAST TWO YEARS
- ☐ I HAVE A SUPPORT SYSTEM FOR MY PERSONAL GROWTH

☐
☐

PHYSICAL HEALTH

- ☐ I INTENTIONALLY MOVE MY BODY FOR 5-30 MINUTES EACH DAY
- ☐ I DRINK AS MUCH WATER AS MY BODY NEEDS EACH DAY
- ☐ I SLEEP 7-9 HOURS EACH NIGHT
- ☐ I CAN CONSCIOUSLY REGULATE MY NERVOUS SYSTEM
- ☐ I EAT THE AMOUNT OF FOOD THAT MY BODY NEEDS
- ☐ I EAT FOODS THAT PROVIDE NUTRITION
- ☐ I AM CONSISTENTLY AWARE OF WHAT MY BODY NEEDS THROUGHOUT MY DAY; I TAKE ACTION TO GIVE MY BODY WHAT IT NEEDS
- ☐ I HAVE A SUPPORT SYSTEM FOR MY PHYSICAL HEALTH

☐
☐

EMOTIONAL HEALTH

- ☐ I AM AWARE OF SPECIFIC EMOTIONS THAT I EXPERIENCE THROUGHOUT MY DAY
- ☐ I HAVE MULTIPLE TOOLS OR STRATEGIES TO REGULATE MY EMOTIONS AND NERVOUS SYSTEM
- ☐ I CAN BE VULNERABLE WITH SAFE PEOPLE
- ☐ THE MEDIA AND INFORMATION THAT I CONSUME NOURISHES MY EMOTIONAL LIFE
- ☐ MY STRATEGIES AND PRACTICES FOR RELAXATION ARE SUSTAINABLE AND SUPPORT MY LONG TERM WELLBEING
- ☐ I ACTIVELY CULTIVATE GRATITUDE
- ☐ I AM ACTIVELY DIVESTING FROM TOXIC CULTURAL NORMS AND VALUES
- ☐ I HAVE AN EMOTIONAL SUPPORT SYSTEM

☐
☐

RELATIONSHIPS

- ☐ I COMMUNICATE HONESTLY AND KINDLY WITH MY SIGNIFICANT OTHER, FRIENDS, COWORKERS, AND FAMILY
- ☐ I RESPECT THE PEOPLE THAT I AM IN RELATIONSHIP WITH, REGARDLESS OF AGE, GENDER, RACE, AND OTHER SOCIAL IDENTITY FACTORS
- ☐ I TRUST THE PEOPLE THAT I AM IN RELATIONSHIP WITH
- ☐ I SET BOUNDARIES TO SUPPORT MYSELF IN RELATIONSHIPS
- ☐ I DO NOT OVEREXTEND OR UNDER-EXTEND MYSELF TO SUPPORT OTHERS
- ☐ I CAN ASK FOR SUPPORT AND I CAN OFFER SUPPORT
- ☐ I LISTEN WITHOUT INTERRUPTING
- ☐ I ASK QUESTIONS AND SEEK TO KNOW AND UNDERSTAND THE PEOPLE THAT I AM IN RELATIONSHIP WITH

☐
☐

RECREATION

- ☐ I MAKE TIME TO ENGAGE IN ACTIVITIES THAT BRING ME JOY
- ☐ I CONNECT WITH OTHERS WHO ENJOY THE SAME HOBBIES OR ACTIVITIES
- ☐ MY HOBBIES AND RECREATIONAL ACTIVITIES MAKE ME FEEL LIKE A BRIGHTER VERSION OF MYSELF
- ☐ I KNOW HOW I LIKE TO CREATE
- ☐ I SET ASIDE TIME TO BE CREATIVE
- ☐ I REGULARLY MAKE TIME TO PLAY OR GO ON VACATION
- ☐ MY RECREATIONAL PRACTICES ARE SUSTAINABLE AND PROMOTE LONGTERM WELLBEING
- ☐ I SET REALISTIC GOALS AROUND MY RECREATIONAL ACTIVITIES
- ☐ _____
- ☐ _____

SPIRITUALITY

- ☐ I INTENTIONALLY DIVEST FROM TOXIC SPIRITUAL BELIEFS, NORMS, AND CULTURES
- ☐ I HAVE A SPIRITUAL COMMUNITY
- ☐ I ENGAGE IN CONTEMPLATIVE PRACTICES (MEDITATION, MINDFULNESS, YOGA, PRAYER, WRITING, ETC...)
- ☐ MY SPIRITUAL LIFE SUPPORTS THE OTHER AREAS OF MY WELLBEING
- ☐ MY SPIRITUAL LIFE EXPANDS MY CONNECTIONS TO OTHER BEINGS
- ☐ I HAVE A SENSE OF PURPOSE
- ☐ I ACTIVELY CULTIVATE INNER PEACE
- ☐ I PRACTICE COMPASSION FOR MYSELF AND OTHERS
- ☐ _____
- ☐ _____

WORK

- ☐ MY WORK SUPPORTS MY WELLBEING
- ☐ I ENJOY THE WORK THAT I DO
- ☐ THE WORK THAT I DO PROVIDES FOR MY NEEDS
- ☐ THE WORK THAT I DO CREATES LIBERATION FOR MYSELF AND OTHERS
- ☐ MY WORK FEELS BALANCED WITH THE OTHER AREAS OF MY LIFE
- ☐ THE CULTURE AT MY WORKPLACE MAKES ME FEEL CONNECTED, POSITIVE, AND HEALTHY
- ☐ I ACTIVELY SEEKING OUT NEW PERSPECTIVES, SKILLS, AND RESOURCES TO ENHANCE MY SKILLS FOR THE WORK I DO
- ☐ _____
- ☐ _____

FINANCE

- ☐ I AM AWARE OF MY FINANCES
- ☐ MY LIFESTYLE AND FINANCIAL RESOURCES ARE BALANCED
- ☐ I PAY MY BILLS ON TIME
- ☐ I UNDERSTAND MONEY AS A TOOL TO BUILD THE LIFE THAT I WANT FOR MYSELF AND OTHERS
- ☐ I INVEST FOR MY FUTURE
- ☐ THE LEVEL OF DEBT THAT I HAVE IS EASILY MANAGEABLE
- ☐ I FEEL GOOD ABOUT MY BUDGET
- ☐ I AM EMPOWERED BY MY FINANCES
- ☐ _____
- ☐ _____





WANT MORE RESOURCES?

5-MINUTE SELF-CARE GUIDE FOR BUSY TEACHERS

This is a quick, easy-to-follow guide that offers real self-care tips teachers can implement in their daily routines, whether they're in the classroom or at home.

