

TEACHER SELF CARE TIPS FOR VIRTUAL LEARNING

HAVE A DEDICATED WORK SPACE - Having a designated workspace signals to your brain that it is time to focus on your students and teaching. Then when you leave this area, it is time to close your work day and transition to other activities. It does not have to be an entire room, but can be an area of a room where your materials and computer stay.

SET "SCHOOL HOURS" - It is easy to get distracted when school is taking place at home. Set a time everyday that you will engage with your google classroom, your students and dedicate that time to doing your "teacher" work, whatever that may be. Turn the TV off and put down the phone during this time, unless of course you are making facebook live videos or engaging your students through a virtual platform or responding and sending emails.

HAVE A ROUTINE & WRITE IT DOWN - Keep your routine similar to what you are used to: get up, shower and get ready for your day. Do you have children and family that are also home? Brainstorm together what your routine looks like and everyone works together to create a written schedule that works for all.

TAKE BREAKS DURING YOUR DAY - Make sure to work in scheduled times where you can step away for breaks, lunch or snacks. Add times in for movement, mindfulness or other healthy activities. Your brain needs time to recharge and relax.

INTENTIONALLY END YOUR DAY - This signals your brain that "work" is done for the day. Try stretching, walking outside or exercise to give your brain that needed signal.

PRACTICE GRATITUDE - Studies show that practicing acts of gratitude can actually change the brain to focus on the positive and help you feel more at ease in times of stress or uncertainty. Intentionally think of 3 things you are grateful for each day and write them down. Share with a family member, friend or your students. Encourage your students to do the same!

PRACTICE HEALTHY ACTIVITIES - Team together with those in your home to try new games, projects or activities.

CHECK IN WITH A POSITIVE FRIEND - Reach out to someone each day to have a non-school related (and non-coronavirus related) conversation.

GET ENOUGH SLEEP - Working from home can impact your sleep patterns. Be sure you are getting enough rest (8-10 hrs of sleep is recommended). If you have trouble sleeping, there are free apps and podcasts to help. (Calm, Breathe, Headspace, etc...)