

Good morning and happy Monday team!

This week will start a new series to look at our own self-care. I will be following Tina Boogren's *180 Days of Self-Care for Busy Educators* book to reflect on the importance of daily self-care. Here is what we know for sure: self-care and the pursuit of personal well-being and happiness is an **intentional** practice.

Well-being is not found in an app or a pill or a vacation or a wine glass. We have to do the work. Every day the work is about...

1. Developing a deep, keen understanding of our own needs
2. Checking in with ourselves throughout the day
3. Responding to our individual needs with targeted action

Why is Self-Care crucial for educators?

- Research shows that 93 percent of educators report high levels of job-related stress (Riley-Missouri, 2018)
- When educators are stressed or not fully engaged, students feel it
- Educators can take on secondary trauma from students

Take a moment to consider your current level of satisfaction when it comes to your self-care. On a scale of 1 to 10, where would you place yourself in terms of how you currently feel? Also, begin thinking about these questions before we dive into self-care.

- A. Are there changes you want to make? What is your reason for wanting to make these changes?
- B. What currently brings you joy in your life?
- C. Who can support you on your journey? What does support from this person (or these people) look like?
- D. What is your greatest hope in doing this work?

"Self-care is how you take your power back."

- Lalah Delia

Peace,
Maggie

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