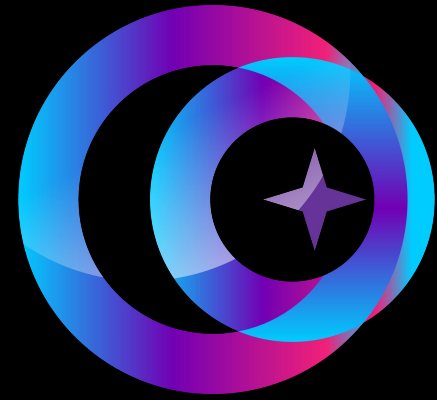


# Putting it All Together Self-Care for Educators

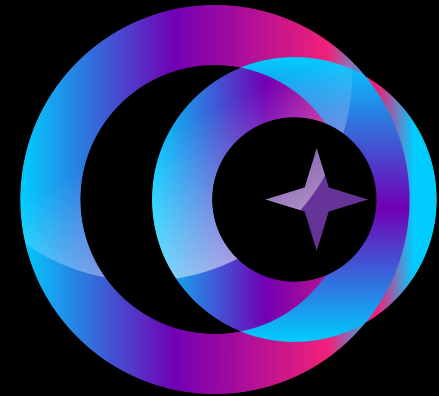
Dr. Rachael George  
@DrRachaelGeorge

541-520-9116

# By the end of our time together today, we will...

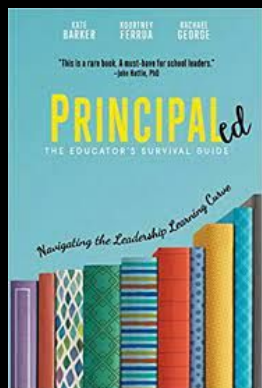


- Examine your current practice
- Identify self-care strategies that work for you
- Align your work and self-care to your why and passion
- Identify ways to integrate self-care on a consistent basis



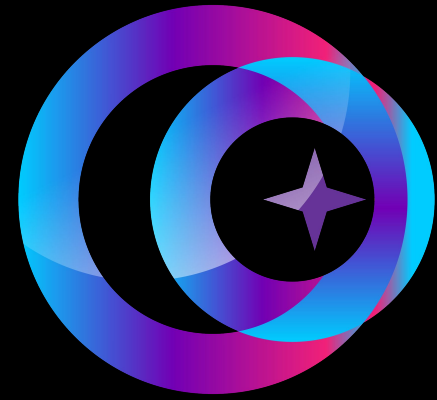
**“If you don’t take care of yourself,  
you can’t effectively take care of  
others.”**

*~PrincipalED: Navigating the Leadership Learning Curve*

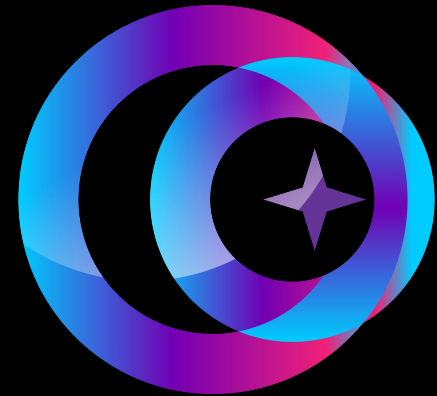


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# As a educator...

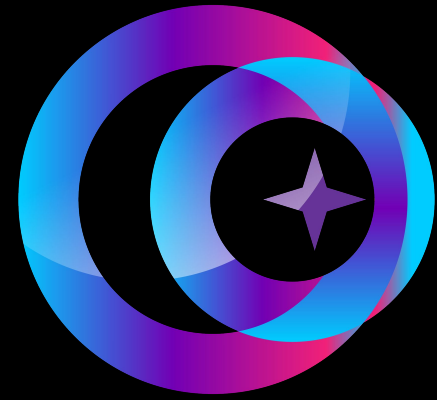


- Have you ever found yourself stretched too thin?
- Do you sometimes feel overworked and underutilized?
- Do you feel motion sickness instead of momentum?
- Does your day sometimes get hijacked by someone else's agenda?
- Have you ever said "yes" simply to please and then resented it?

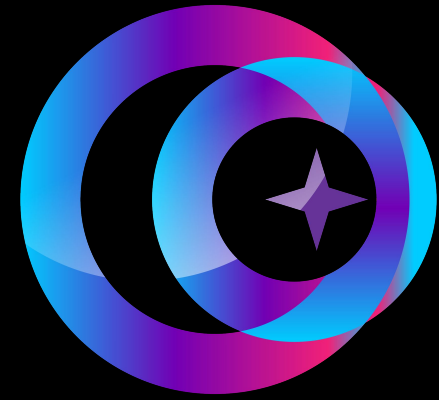


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Let's get started.



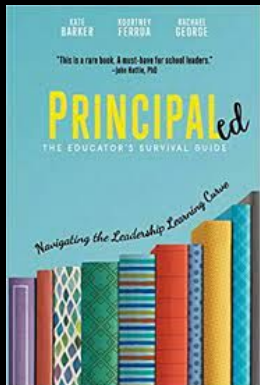
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“Core values don’t change over time.  
Connecting to our passion and  
purpose is important.”

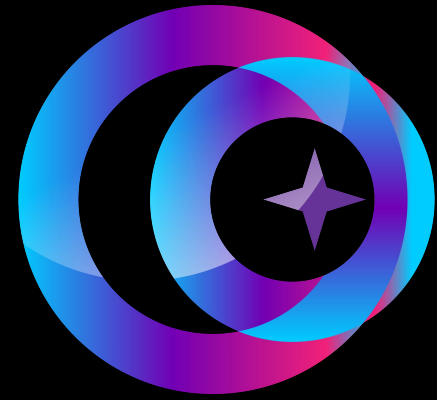
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**What is your why?**



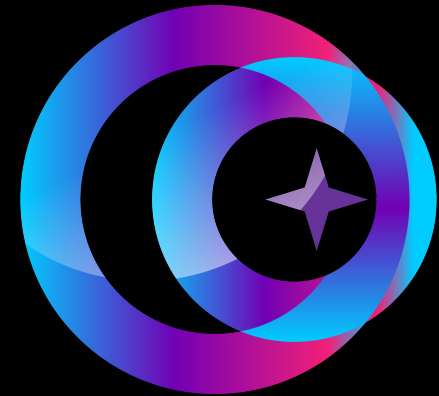
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# My why



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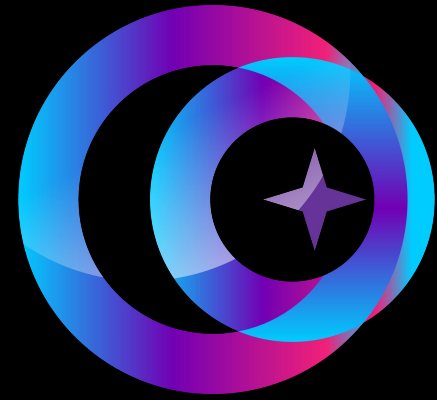




**What's your why?**

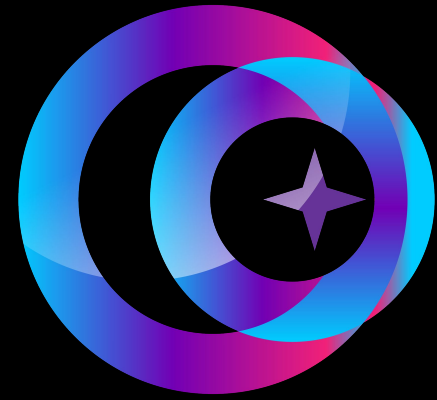
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**List it out.**



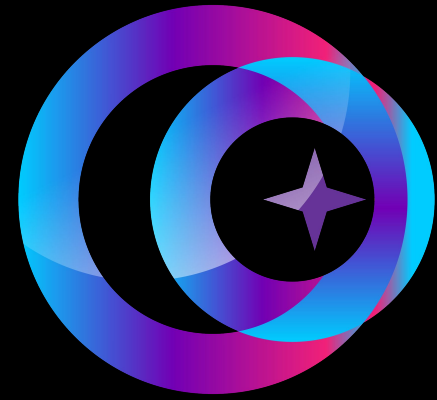
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**What can you stop doing?**



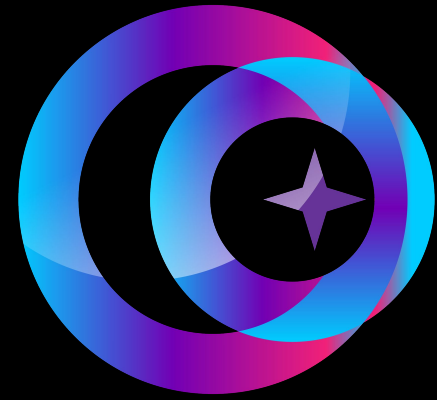
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# What can you delegate?



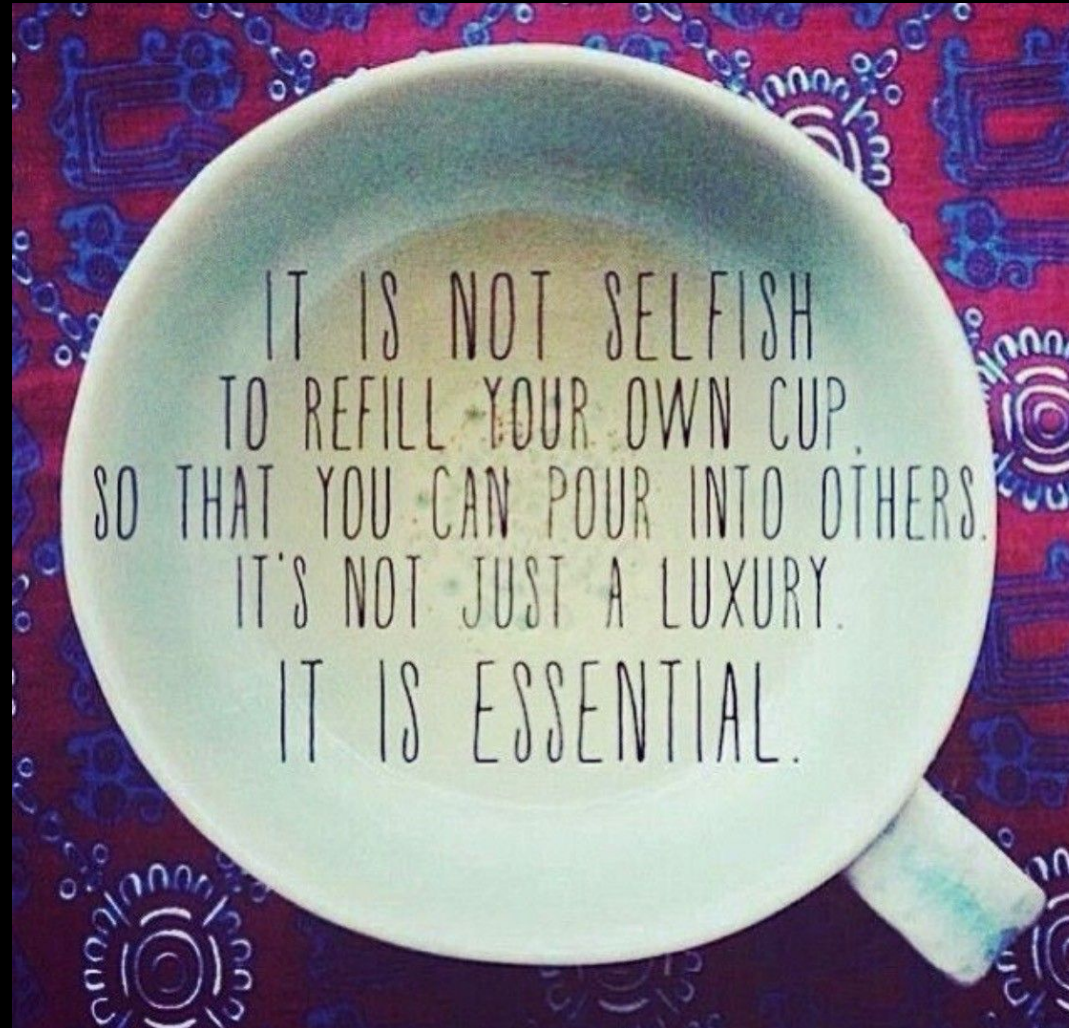
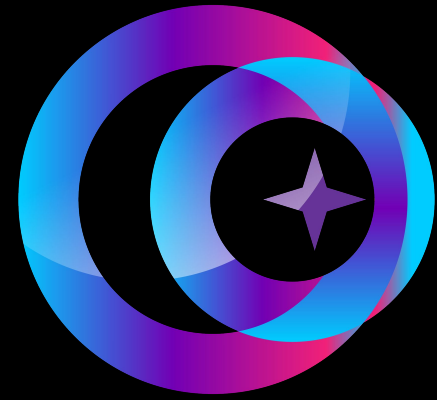
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# What should you do more of?



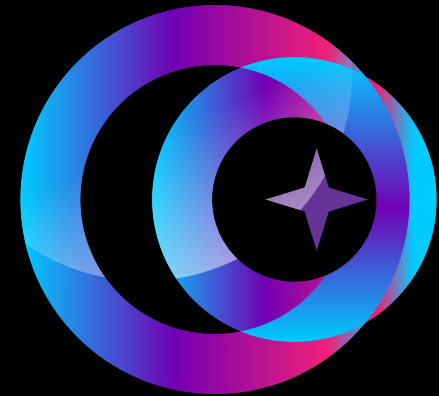
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# Time for you!



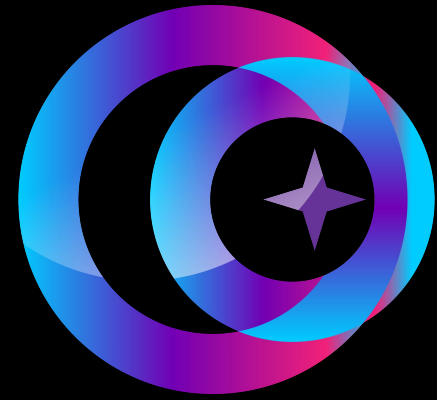
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# Time for family!



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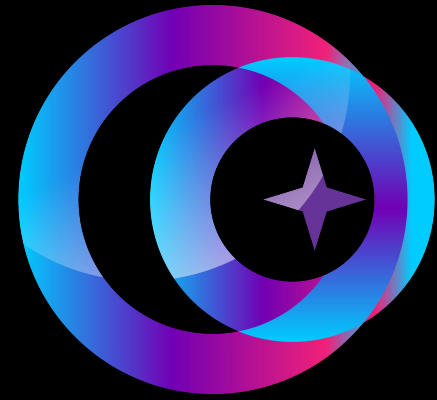
# What's the need for you and your team?



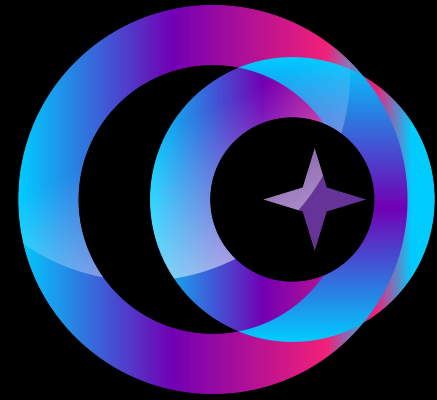
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# Sleep

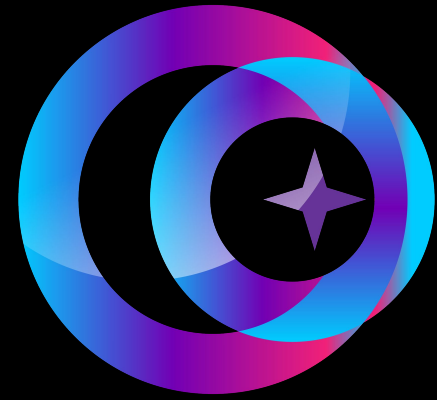


- Talk about it
- Create awareness



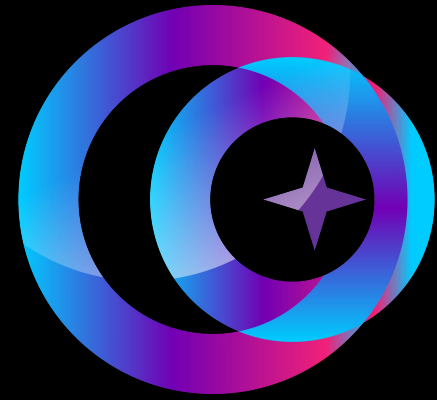
# Physical fitness

- Step or movement challenges with teams
- On site exercise classes before or after school
- Running or walking clubs
- Walking meetings
- Run clubs at lunch
- Build in movement breaks into class, meetings and PD



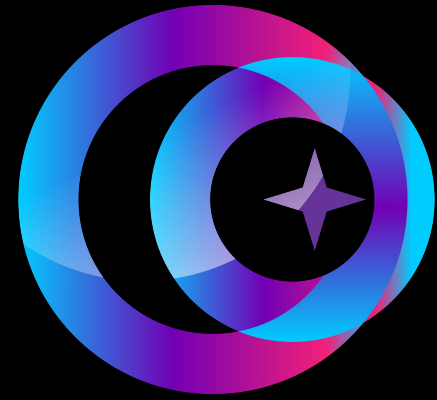
# Nutrition

- Vary your snack options at meetings, in the staff room, or in the office
- Rethink your water source
- Water challenges
- Share meal plans and recipes with staff
- Meal services (Hello Fresh, Green Chef, Blue Apron)



# Stress

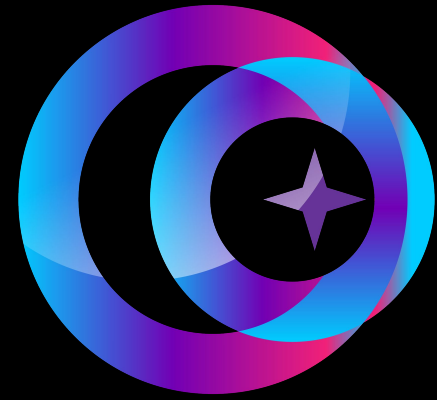
- Dive into what the stress is and the cause
- Start meetings with a few deep breaths
- Be aware of meetings going long
- Mindfulness
- Emails!
- Ask how you can help
- Social worker or counselor hosting staff SEL time or office hours



## Other ideas

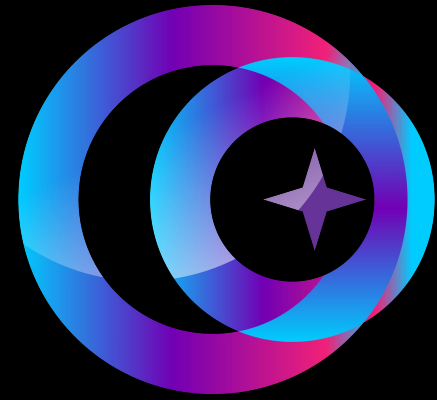
- Creating a culture of “How are you?”
- Monday Check Ins for staff, students, and teams
- Quit multitasking
- The 24 hour rule with phone calls and emails
- Adult sensory or wellness room
- Incorporating gratitude as exit slips at meetings
- Flip your meetings so you aren’t meeting to meet
- Cancel unnecessary meetings

# Schedule it out



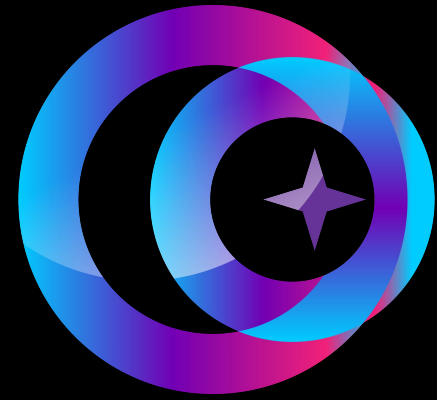
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# Accountability



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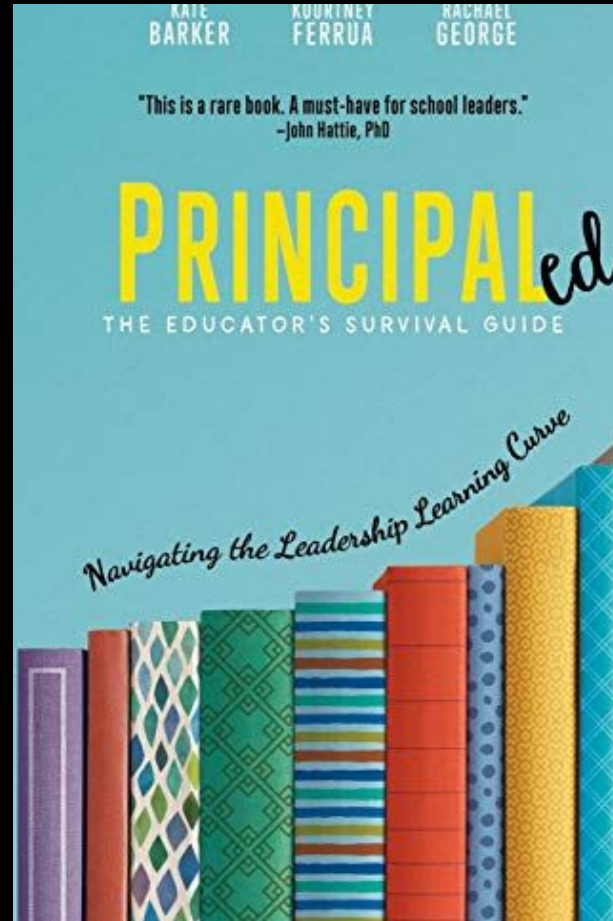
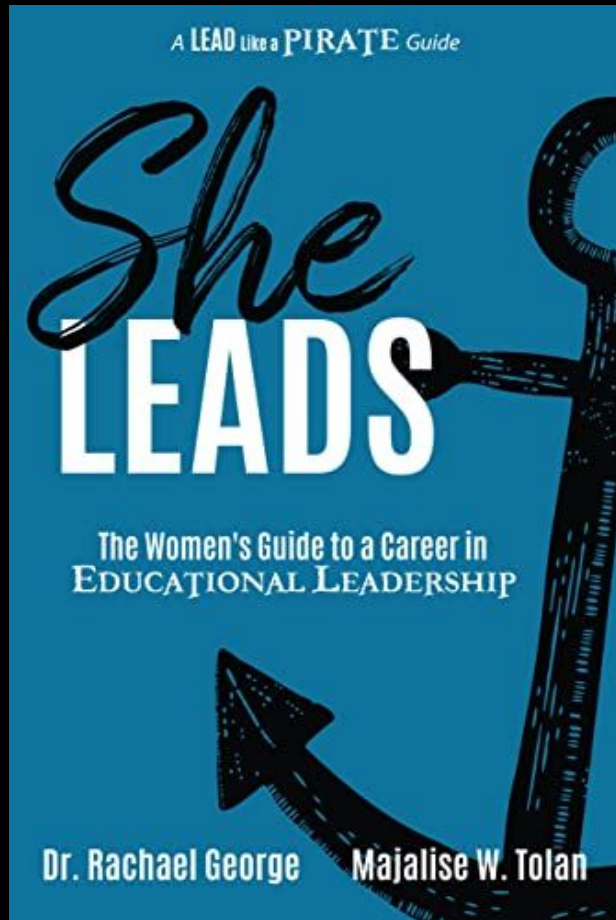
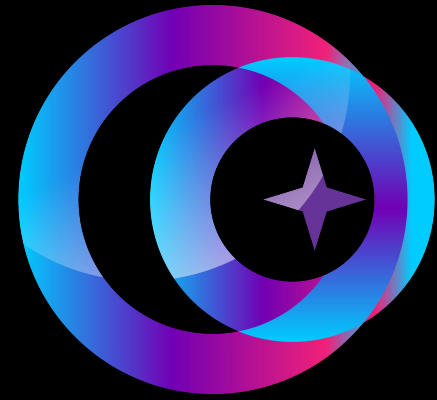
**We are never done with self-care  
and caring for others!**



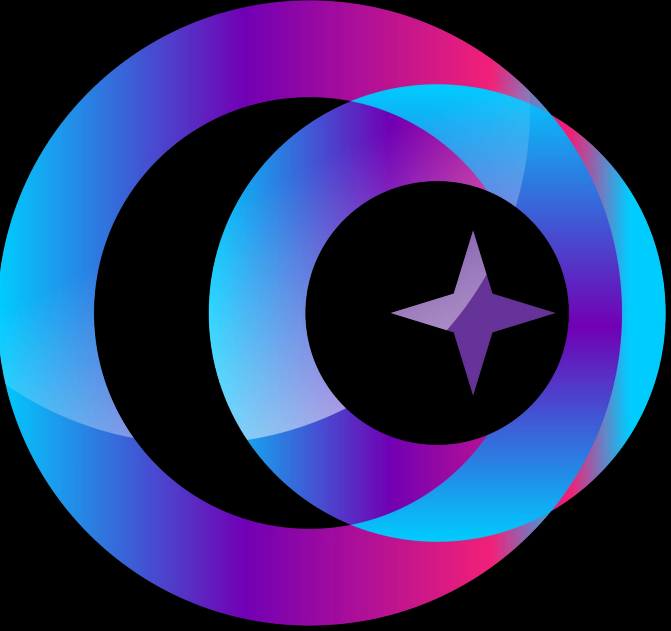
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# Discussion, Questions, Follow-up

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