

Fifty Self-Care Strategies for Teachers

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Exercise

- Go for a nightly walk
- Go for a run
- Lift weights
- Go for a hike
- Do yoga
- Do yard work
- Go for a bike ride
- Stretch
- Shoot some hoops

Splurge

- Go for ice cream
- Stay in a hotel for a night
- Go out to eat with friends
- Get a massage
- Order some takeout
- Get a mani/pedi

Activities

- Go for a walk during lunch
- Cook dinner
- Play a video game
- Draw
- Knit
- Play music
- Play with your pets
- Put together a puzzle
- Visit a museum
- Call your best friend
- Go for a drive

Physical/Mental Health

- Go to bed at a decent hour
- Meditate
- Listen to a podcast
- Take a hot bath/shower
- Listen to your favorite songs
- Do a crossword puzzle
- Smile and laugh more in class
- Send emails home
- Journal

Cutting Back

- Set aside some homework free days
- Have email free nights
- Learn to say no
- Ask for help
- Grade things as a class
- Cut back on assignments
- Let students self-assess

Self-Improvement

- Read a book
- Watch a movie that fires you up
- Reread student notes from
- Watch an YouTube video
- Listen to your breathing
- Avoid negative people
- Cut out screen time
- Write down your goals