



# *Self-Care Action Plan*

My Signs of Burnout

My Stress Relievers

My Support System

My Inspirations & Helpful Reminders



## *Self-Care Activities*

Rest & Relaxation



Expression & Movement



*I need . . .*

Health & Spirituality



Companionship & Friendship





## Self-Care Affirmations for Educators

<p><b>#1</b> The work I do matters.</p>	<p><b>#2</b> I AM STRONG.</p>	<p><b>#3</b> <i>I treat myself with compassion.</i></p>	<p><b>#4</b> I deserve happiness.</p>
<p><b>#5</b> I can get through hard things.</p>	<p><b>#6</b> <i>I trust my inner voice.</i></p>	<p><b>#7</b> My classroom is a place of learning and love.</p>	<p><b>#8</b> I am enough.</p>
<p><b>#9</b> I am gentle with myself.</p>	<p><b>#10</b> I ENJOY THE BEAUTY OF NATURE.</p>	<p><b>#11</b> <i>I make time for self-care in my daily routine.</i></p>	<p><b>#12</b> I ask for help when I need it.</p>
<p><b>#13</b> I am worthy and I matter.</p>	<p><b>#14</b> <i>I treat myself and students with kindness.</i></p>	<p><b>#15</b> I AM LOVED.</p>	<p><b>#16</b> I give myself permission to rest.</p>
<p><b>#17</b> I am brave.</p>	<p><b>#18</b> I BRING JOY TO THIS WORLD.</p>	<p><b>#19</b> <i>I'm making a difference in the world.</i></p>	<p><b>#20</b></p>

## Clearing

Do not try to save  
the whole world  
or do anything grandiose.  
Instead, create  
a clearing  
in the dense forest  
of your life  
and wait there  
patiently,  
until the song  
that is your life  
falls into your own cupped hands  
and you recognize and greet it.  
Only then will you know  
how to give yourself  
to this world  
so worth of rescue.

*by Martha Postlewaite*

