

Self-Care Action Plan

My Signs of Burnout

My Stress Relievers

My Support System

My Inspirations & Helpful Reminders



Name: _____

Healing Retreat for Educators

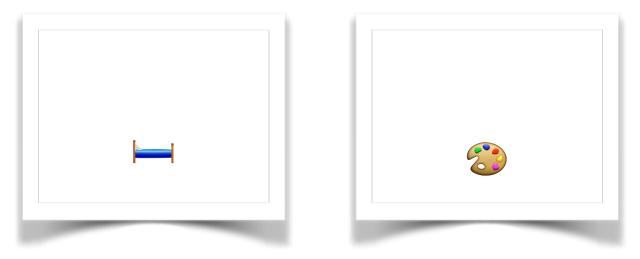






Rest & Relaxation

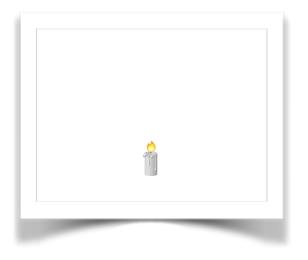
Expression & Movement



I need . . .

Health & Spirituality

Companionship & Friendship





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Name: _____



Self-Care Affirmations for Educators

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

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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

