

## Self-Care For Teachers

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### Caring For Yourself So You can Care For Others

You became a teacher because you want to make a difference; because you love children; because you enjoy seeing the expression on a child's face when he or she finally understands a new concept. It is that passion that makes you a great teacher—the same passion that can also lead to burn-out.

Avoiding burn-out is one reason self-care is important. You cannot care for others if you do not take care of yourself. Another reason self-care is important is to enable you to be an effective teacher. If you are tired, either emotionally or physically, you cannot do your job well. Finally and possibly most important, self-care is important so you can model good balance and healthy boundaries to your students and co-workers. Followia 7T11f0

good. It may be enjoying quiet time in meditation or prayer, thinking about the positive things that are in store for you that day, taking a walk or conversing with your spouse about positive things. What you do first can set the tone for how you manage your entire day.

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