

<p>Why is self-care so important</p>	<ul style="list-style-type: none"> <li>• Health - <a href="#">Body &amp; Brain</a></li> <li>• <a href="#">Stress</a></li> <li>• <a href="#">Secondary Traumatic Stress</a></li> <li>• The side-hustle</li> <li>• <a href="#">BUSY - is not a badge of honor</a></li> </ul> <p>Know your triggers- Clay Cook</p> <p><a href="#">Modeling self-care/self-compassion for students</a> is <b>HUGE</b></p>
<p>Research</p>	<ul style="list-style-type: none"> <li>• “The stressed brain can’t be brave” Reshma Soujani <a href="#">Brave Not Perfect</a></li> <li>• 50 percent of new teachers leave the profession in the first five years due to excruciating demands. (Riggs, 2013; Westervelt, 2016)</li> <li>• <a href="#">According to a 2014 Gallup poll</a>, 46 percent of teachers report high daily stress during the school year. That's tied with nurses for the highest rate among all occupational groups. (Brackett, p.2)</li> <li>• Covid-19</li> <li>• Happy Teachers Practice Self-Care <a href="#">LINK</a> <ul style="list-style-type: none"> <li>◦ Happy teachers have happy students</li> </ul> </li> <li>• Why Teacher Self-Care Matters and How to Practice Self-Care in Your School <a href="#">LINK</a></li> <li>• How Teachers Can Prioritize Self-Care While Working From Home <a href="#">LINK</a></li> <li>• Your ‘Surge Capacity’ Is Depleted — It’s Why You Feel Awful Here’s how to pull yourself out of despair and live your life <a href="#">LINK</a></li> <li>• <a href="#">Brene Brown: Fun as Energy and other stuff</a></li> </ul>
<p>5 ways to start today</p>	<p><b>1 - Trim Your List</b></p> <ul style="list-style-type: none"> <li>-Make a list of the top 10 priorities</li> <li>- Rank them</li> <li>-Circle the top 3</li> <li>-(this is the hardest one) Cross out the rest</li> </ul> <p>If you can give 95% of your energy to your highest priority, think of your efficiency and effectiveness.</p> <p><b>2 - Allow yourself to Stop</b></p> <p>As you go about your day, look for times when you can stop and relax your brain, even if it’s only for a few minutes. A perfect time for a Maslow check-in. Set a timer. Link it to a specific event in your day. Do it with your students!</p> <ul style="list-style-type: none"> <li>-<a href="#">Time Audit</a></li> <li>-<a href="#">Walk</a> (or <a href="#">Dance</a> and <a href="#">Sing</a>)</li> <li>-<a href="#">Water</a></li> <li>-<a href="#">Breathe</a></li> </ul> <p><b>3 - Embrace Vulnerability</b></p> <ul style="list-style-type: none"> <li>-<a href="#">Say your truth</a></li> </ul> <p>As Brene' Brown wrote "<i>We have to own our story and share it with someone who has earned the right to hear it, someone whom we can count on to respond with compassion</i>"</p> <ul style="list-style-type: none"> <li>-Live your <a href="#">Values</a></li> </ul> <p><b>4 - Reach out to Experts</b></p>

	<p>-<i>Pretend and fail or Ask and succeed</i>  (<a href="#">Permission slip</a>: Don't have to be the smartest person in the room, Don't try to teach the class)</p> <p>-Curate your favorites  - Brene Brown  - Tina Boogren  - <a href="#">Clay Cook</a>  - <a href="#">CASEL</a>  - <a href="#">Character Strong</a></p> <p><b>5 - Pass your Umbrella</b>  - <a href="#">Vulnerability is not weakness</a>  - Feel it. "<a href="#">Name it to Tame it</a>" (Marc Brackett)  - It is not all good all the time and that is OK  - <a href="#">Everyone needs time to rest and recover.</a>  - <a href="#">What percentage are you at?</a> (Brene Brown)  - <a href="#">SLEEP (Drowsy Driving)</a></p>
Resources	<ul style="list-style-type: none"> <li>● <a href="#">Dare To Lead, Daring Greatly, The Gift of Imperfection - Brene Brown</a></li> <li>● <a href="#">180 Days of SELF Care for Educators, Take Time for You: Self-Care Plans for Teachers - Tina Boogren</a> (Facebook: @selfcareforeducators)</li> <li>● <a href="#">Onward: Cultivating Emotional Resilience in Educators</a> by Elana Aguilar</li> <li>● <a href="#">Clay Cook</a>, via <a href="#">Characterstrong.org</a>, <a href="#">Ames, IA Pd</a>, <a href="#">UMN</a></li> <li>● <a href="#">SEL for Adults webinar</a> Character Strong</li> <li>● <a href="#">ASCD Educational Leadership March 2020. Stress-Busting Strategies for Educators</a></li> <li>● <a href="#">Marc Brackett Permission to Feel &amp; Mood Meter App</a></li> <li>● <a href="#">Modeling SEL as a Staff</a></li> <li>● <a href="#">CASEL Self-Care and Re-Energizing</a></li> <li>● <a href="#">What Self-Care is and what it isn't</a></li> <li>● <a href="#">Brave, Not Perfect: Fear Less, Fail More, and Live Bolder</a> by Reshma Saujani</li> <li>● <a href="#">Your 'Surge Capacity' Is Depleted — It's Why You Feel Awful</a></li> <li>● <a href="#">Brene Brown: Fun as Energy and other stuff</a></li> <li>● <a href="#">Super Simple Self-Care</a></li> </ul>
Citations	<p>Brain Pictures:  1) <a href="https://images.app.goo.gl/XWVMeP7pqcUFbVau6">https://images.app.goo.gl/XWVMeP7pqcUFbVau6</a> (WEB MD)  2) <a href="https://images.app.goo.gl/FSgjWXgEkxeCH9aV9">https://images.app.goo.gl/FSgjWXgEkxeCH9aV9</a> (Beyond Good Health)</p>
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