

Staff Wellness Resources

You have been the rock, constant and source of comfort for our students during this time. That is the most valuable role you can fill right now. However, we want you to know that your wellbeing and mental health is also a priority.

Educators are not good at self-care. Your serving nature and hard working ethic often leave you feeling empty and not enough energy to do much more. It is especially important to make sure you are taking care of yourself as you take care of others. You have all heard the phrase, "You can't pour from an empty cup." As Stephen Covey tells you, "Sharpen Your Saw."

We have compiled a list of possible self-care resources for educators and staff. We encourage you to take some time for yourself each day. Unplug, take a walk, read, enjoy a new recipe, learn a new skill.....whatever it is, be purposeful and plan time for yourself each day.

Thank you for all you do!

- [How to Practice Self-Care During the Coronavirus Pandemic](#)
- [Virtual Zen Den](#), Evergreen Charter School, Asheville
- [Mindful](#), A Self Compassion Break
- Laugh out loud funny! [Gerry Brooks and Dr. Suess](#)
- [Down Dog \(awesome\) Yoga app, free for school employees](#)
- Sharpen the Saw ([Habit 7](#))
- [EdNC Educator Self Care](#)
- A couple of good ideas from the Child Mind Institute
 - **Squeeze Muscles:** Starting at your toes, pick one muscle and squeeze it tight. Count to five. Release, and notice how your body changes. Repeat exercise moving up your body.
 - **Belly Breathing:** Put one hand on your stomach and one hand on your chest. Slowly breathe in from your stomach (expand like a balloon) and slowly breathe out (deflate).
 - **Mindful Meal:** Pay attention to the smell, taste and look of your food. No multitasking.
 - **Meditation:** Sit in a relaxed, comfortable position. Pick something to focus on, like your breath. When your mind wanders, bring your attention back to your breath.
 - **Blowing Bubbles:** Notice their shapes, textures and colors.
 - **Coloring:** Color something. Focus on the colors and designs.
 - **Listening to Music:** Focus on the whole song, or listen specifically to the voice or an instrument.
- **Calm App or Headspace App** (search in the App Store or Google Play) offering discounts for educators right now.
 - Headspace for Educators (free for educators right now) <https://www.headspace.com/educators>