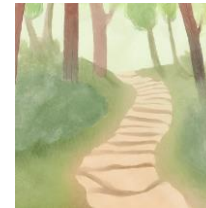
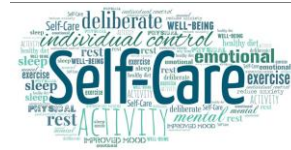


What's So Special About Educator Self-Care?



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Welcome from Board Certified Advanced Holistic Nurses!





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Learning Outcomes

By the end of this lesson, you should be able to:



1. Describe the importance of educator self-care.



2. Identify two educator self-care strategies.



Use Self-Care Strategies Routinely



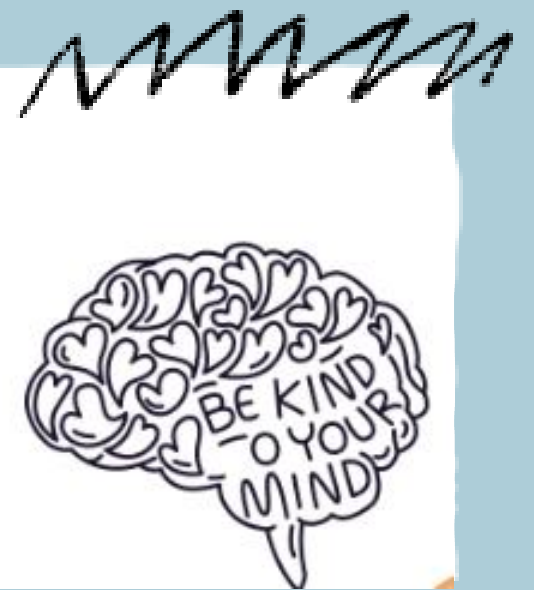
- * **Put on your own oxygen mask first-- this is not selfish!**
- * **Use strategies you like!**
- * **Try new strategies**
- * **Do self-care routinely**
- * **Energize yourself!**

Self-Care Tip #1: Positive Self-Talk



- I am enough
- I can do this
- I am valuable
- I am worthy

You are
Enough



- Byers, G. (2020). *I am enough*. Kindle Edition. HarperCollins Publications.

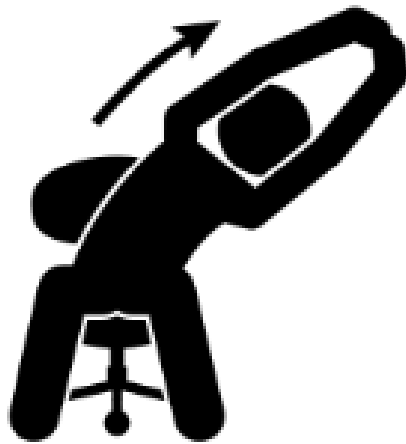
- Think of one or two positive self-talk phrases you can say to yourself as a self-care strategy.
- What you tell yourself is very powerful.
- Empower yourself!

Empower



Self-Care Tip #2

Stand, Stretch, Move



Every 30-60 min for 3 min.

- Enhance energy
- Elevated mental clarity
- Uplift spirits
- Boost metabolism
- Increased blood flow
- Better posture
- (University of Michigan, n.d.)

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