

Self-Care Dr. Deb Childs Childsde@gmail.com



Why Self Care?

- 70% of Missouri teachers consider leaving
 - Stress
 - Student behavior
 - Low pay
 - Workload
 - Lack of support from families and administration
 - Lack of resources

Why Self Care?

Roles or duties Teachers are expected to perform:

- ❖ Parent
- ❖ Counselor/mentor
- ❖ Behavior monitor
- ❖ Instructional leader

Why?

We deserve it!!!

Self Care is...

Things we do for ourselves (not dependent on others):

- Healthy Choices
 - Choose nutritional food
 - Exercise
 - Sleep
- Stress Management
 - Journal
 - Music

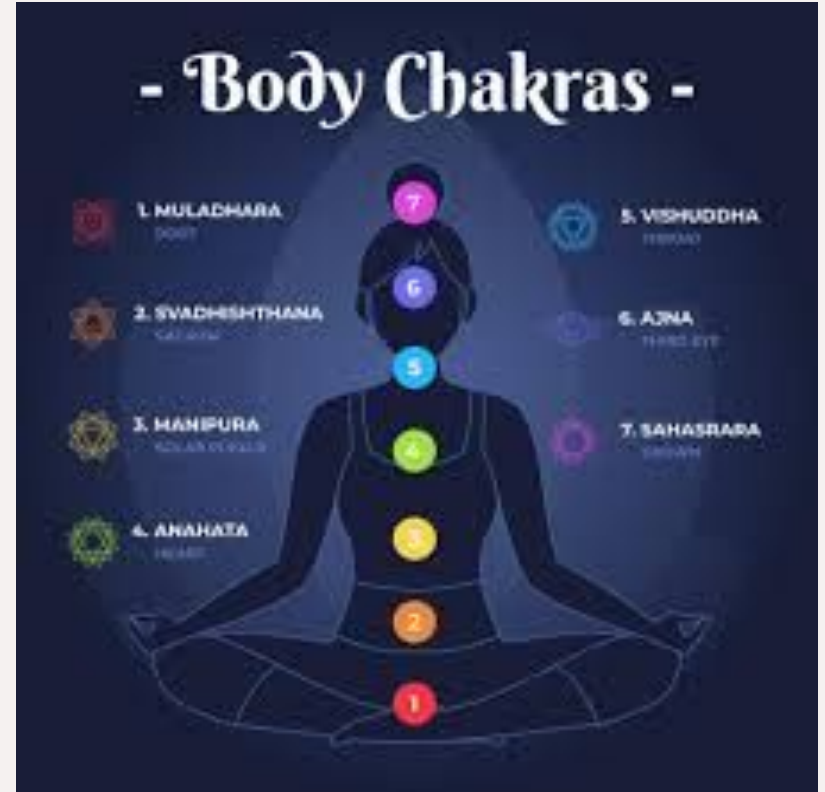
Ideas for Self Care Visualization



Ideas for Self Care Meditation



Ideas for Self Care Chakras



Ideas for Self Care Qigong



Ideas for Self Care Massage

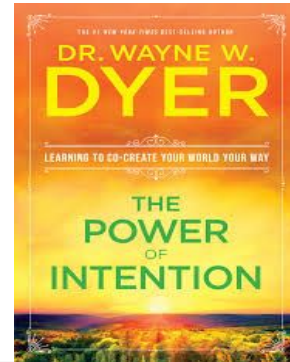
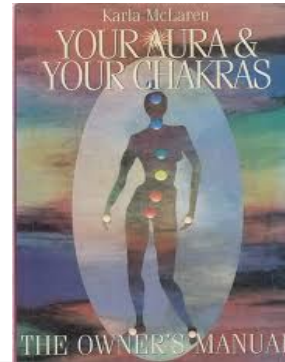
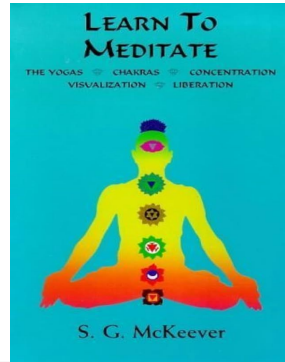
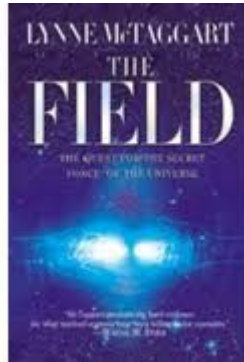


Ideas for Self Care

- Make a plan
- Daily check-in
- Activities available according to needs

Resources

- The Field by Lynn McTaggart
- Learn to Meditate by S.G. McKeever
- Your Aura and Your Chakras by Karla McLaren
- The Power of Intention by Dr. Wayne W. Dyer





**STRIVE TO FIND THINGS
TO BE THANKFUL FOR,
AND JUST LOOK FOR THE
GOOD IN WHO YOU ARE.**

— BETHANY HAMILTON

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