



5 SELF CARE TIPS

For teachers and students

1. DEVELOP A ROUTINE SIMILAR TO THAT OF REGULAR SCHOOL



Wake-up time, meal time, bed-time, planning times, etc.

2. TAKE CARE OF YOUR MENTAL AND PHYSICAL HEALTH

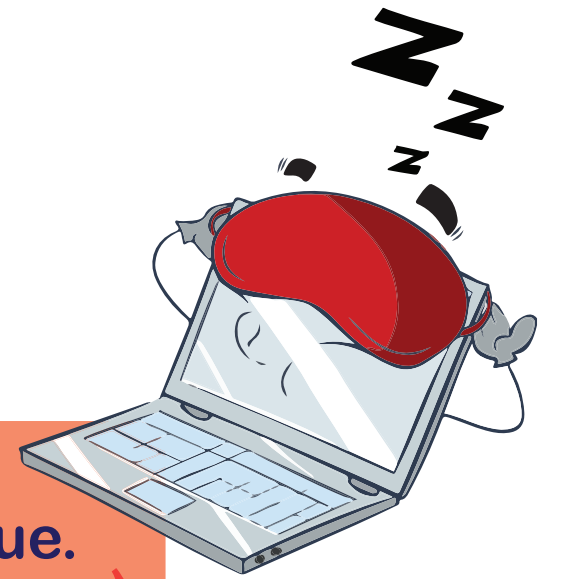


Listen to soothing music, read fun books/poetry, watch tv, etc. Do what relaxes you.

Maintain a balanced diet, including lots of water. Exercise at least 10-15 minutes per day or at least 3 times per week.



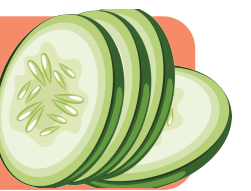
3. Rest your eyes



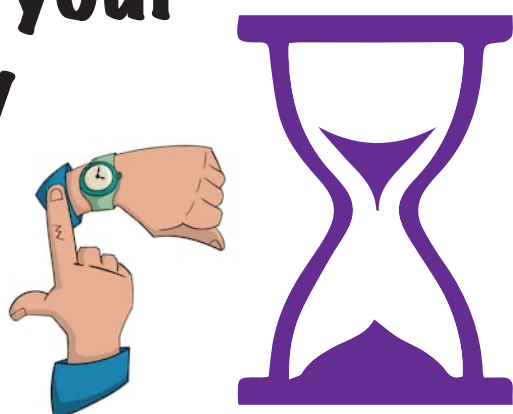
Prolonged screen time can result in eye-strain and fatigue. Use the 20x20x20 rule.

Every 20 minutes focus on something 20 feet away for 20 seconds.

Place cool cucumber slices/damp tea bags on the eyes at the end of the day.



4. Manage your time wisely



Ask parents and guardians for help.

5. Reach Out



Make time for family and friends and have conversations not related to school.

I FEEL...

Overwhelmed

Stressed

Anxious

Angry

Drained

Upset

Alone

I NEED TO...

Take a step back

Focus on relaxing

Practice a coping skill

Find a positive outlet

Rest and recharge

Take time for myself

Reach out for support