

Teacher (and Student) Self-Care Questionnaire

■ 5 = Frequently ■ 4 = Occasionally ■ 3 = Rarely ■ 2 = Never ■ 1 = It never occurred to me

❖ Physical Self-Care

- Eat regularly
- Eat healthy
- Exercise
- Get medical care when needed
- Take time off when sick
- Get massages or do self massages
- Dance, swim, walk, run, play sports, sing, or do some other physical activity that is fun
- Get enough sleep
- Take vacation or day trips
- Make time away from telephones

❖ Psychological Self-Care

- Make time for self-reflection
- Write in a journal
- Read literature that is unrelated to school or work
- Do something at which you are not expert
- Talk to someone you trust about issues
- Notice your inner experience - listen to your thoughts, judgments, beliefs attitudes and feelings
- Engage your intelligence in a new area, i.e., go to an art museum, history exhibit, sports event, auction, theater performance
- Say no to extra responsibilities sometimes

❖ Emotional Self-Care

- Spend time with others whose company you enjoy
- Stay in contacts with important people in your life
- Give yourself affirmations, praise yourself
- Love yourself
- Read books you enjoy & Watch movies you enjoy
- Identify comforting activities, objects, people, relationships, places and seek them out
- Find things that make you laugh
- Express your outrage in social action, letters, donations, marches, protests

❖ Spiritual Self-Care

- Make time for reflection or meditation
- Spend time with nature
- Find spiritual connection or community
- Be open to inspiration
- Cherish your optimism and hope
- Be aware of nonmaterial aspects of life
- Be open to not knowing
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- Have experiences of awe
- Contribute to causes in which you believe
- Read inspirational literature (talks, music, etc)

❖ Academic Self-Care

- Take short study/ work breaks
- Take time to chat with friends
- Make quiet time to complete tasks
- Identify projects / tasks that are exciting & rewarding
- Set limits with friends/ family
- Arrange your work space so it is comfortable and comforting
- Get regular support from peers and mentors and family