

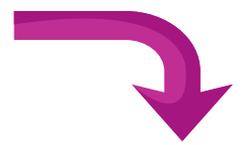
# Strategies for Personal Self-Care

This resource is designed to support families and educators during this unprecedented time. Please be mindful to take care of yourself first. "It is not selfish to refill your own cup so that you can pour into others."

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health. Although it's a simple concept in theory, it's something we very often overlook.



## Here are some simple strategies that might be useful to consider:



Set and maintain healthy boundaries



Take a break from watching, reading or listening to news stories... including social media.



Unplug – give yourself permission not read email or answer phones for certain time blocks. Set up automatic responses with your availability.

Practice mindfulness strategies such as deep breathing, yoga, stretching, or meditation.

The following are a few guided body scan links:



[tinyurl.com/yxyyennv](https://tinyurl.com/yxyyennv)  
[tinyurl.com/uhmxe29](https://tinyurl.com/uhmxe29)

Create a menu of personal activities that you enjoy:

- Cooking
- Family Time
- Gaming
- Fitness
- Music
- Coloring
- Puzzles
- Reading
- Mechanics



Give yourself permission to participate in at least 1 a day!

Gratitude journal: look for 1–3 things each day that you are grateful for and record it in a journal or notebook.



Share what you are feeling with others. It normalizes the concern for others & for you.



Connect with those you care about – Use: Zoom, Google Hangouts, Facetime, Marco Polo, etc.



Recognize and address signs & symptoms of Compassion Fatigue.

Seek supports when needed.



Utah Crisis Line: 1.800.273.TALK  
 Warm Line: 801.587.1055