

SELF-CARE FOR TEACHERS PDF:

21 MENTAL HEALTH ACTIVITIES

These aren't meant to replace therapy, medication or professional services, but research suggests they can be beneficial!

SELF-CARE CHECKLIST

- ☐ Good sleep 
- ☐ Meditate 
- ☐ Exercise 
- ☐ Read book 
- ☐ Eat healthy 
- ☐ Drink more water 

Priority

01

Track your gratitude and achievements

Start your journey to better mental health by keeping a journal.

Priority

02

Do Random Acts of Kindness

Compliment a stranger on their haircut, donate your time, surprise yourself and shake it up from big to small!

Priority

03

Begin your day with a refreshing beverage

Kickstart mornings with coffee or green tea, studies show coffee is linked to lower rates of depression.

Priority

04

Plan a getaway (or a staycation)

Having something exciting to look forward to can significantly enhance happiness for up to eight weeks.

Priority

05

Work on your strengths

Do what you're good at to build self-confidence. Then, challenge yourself by tackling more demanding tasks.

Priority

06

Create a cool(er) sleep environment

Keep your bedroom temperature between 60 and 67 degrees F to promote restful and rejuvenating sleep.

Priority
07

Take the first step toward improvement

Remember, you don't have to do it all at once. One step in the right direction is the start to change.

Priority
08

Explore your creative side

Research suggests that creative activities contribute to well-being. Find joy in exploring your artistic potential.

Priority
09

Foster close relationships

We know you know, but sometimes busy teachers have to schedule time with loved ones to make it happen.

Priority
10

Boost brainpower with dark chocolate

The flavonoids, caffeine, and theobromine present in chocolate enhance alertness and mental skills.

Priority
11

Share your story

You can raise awareness, break the stigma, and connect with others, just make your account private.

Priority
12

Find joy in the present

Take pleasure in the activities you already enjoy. Optimism is focusing on the positive when possible.

Priority
13

Clear your mind with coloring

Spend about 20 minutes coloring a geometric and intricate design. This activity can help calm your mind.

Priority
14

Laugh it off

Laughter is a stress reducer. Hang out with a funny friend, watch a comedy show, or browse videos online.

Priority
15

Unplug from technology

Embrace the freedom. Once you go back to school, set tech boundaries with office hours. (Set office hours)

Priority
16

Dance your way through chores

Not only will you get your tasks done, but dancing reduces stress levels and increases endorphins.

Priority
17

Embrace the power of yawning

Research suggests that yawning helps cool the brain, improving alertness and mental efficiency.

Priority
18

Relax with a warm bath

This calming practice can help replenish your energy and alleviate stress (add Epsom salts for extra soothe).

Priority
19

Write it out

Writing about upsetting experiences can reduce symptoms of depression and provide relief.

Priority
20

Spend time with animals

It reduces the stress hormone, and boosts oxytocin. No pet? Spend time with a friend's pet or volunteer!

Priority
21

Practice mindfulness

Incorporate mindfulness techniques into your daily routine to enhance your overall well-being.

You deserve the same care and attention you give to your students. Implement these strategies regularly to restore your mental health, and you'll be better equipped to navigate the demands of teaching this year. We wish you the best year yet!