

# Hatboro Horsham School District

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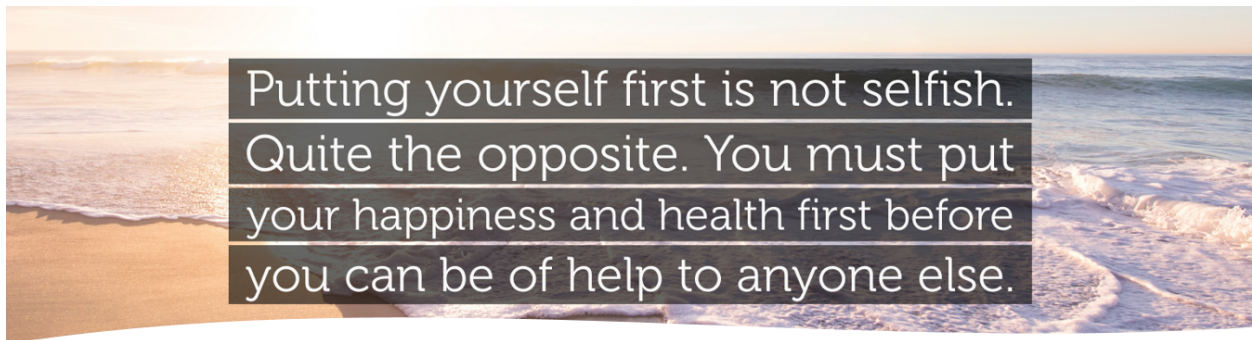


## Self-Care Tips

Find what self-care means to you and use it every day.

### Overview

During times of uncertainty and lack of control, it is important to find tricks and techniques that help you relax and bring you back to equilibrium, which is a calm state of mind. Stress and anxiety are normal, but we must figure out ways to manage them.

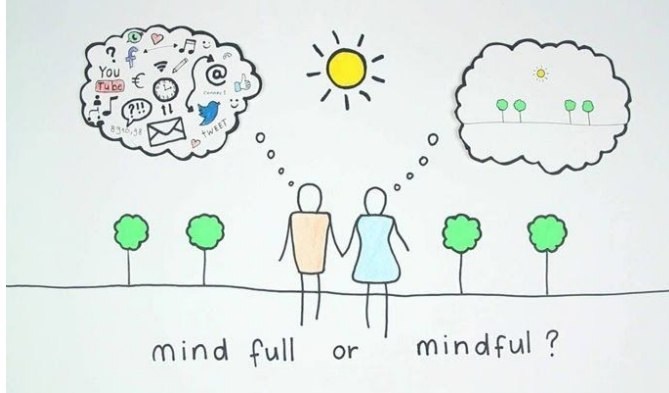
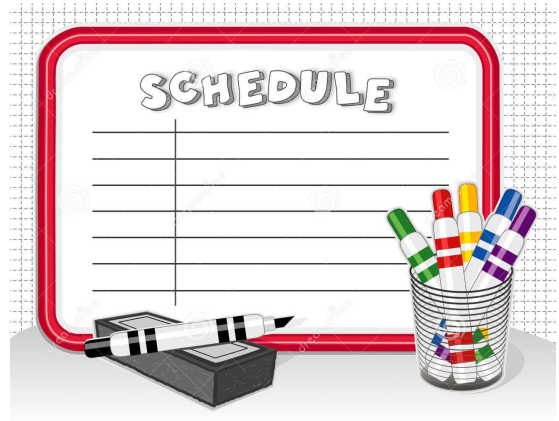


**Everyone is different so everyone's self-care will look different, but here are some tips to get you started.**

### Tips

1. **Go to sleep and wake up the same time every day:** Giving yourself a sleep schedule will help your body know what it is supposed to be doing at that time.
2. **Exercise daily:** Take a break every day to exercise for at least 15 minutes; go for a walk or do some yoga, whatever is best for you.

3. **Eat breakfast, lunch, and dinner:** Again, having that schedule will help give you energy throughout the day so you can focus. Try eating with a friend (socially distant) or your family to talk about some positive things.
4. **Talk with a friend:** Take a 15 minute or so break to talk with a friend about your day. If you want to talk about COVID-19, try allocating 5 minutes for it and then move onto positive things.
5. **Set aside time to be by yourself:** Although we are social beings, we sometimes need to sit by ourselves to get to know our body and emotions. Read a book, go for a walk, listen to some music, or whatever makes you happy.
6. **Controlled breathing:** Try setting aside time to do some breathing to ground yourself in the present. Some techniques include box breathing, five-finger breathing, or mindfulness breathing. Some videos are on the social-emotional canvas page or YouTube.



7. **Journal:** It helps to get the thoughts in your mind out on paper. Some prompts are: gratitude journaling, feelings journaling, or free journaling (no prompt). Find prompts on the social-emotional canvas page.

8. **Mindfulness:** The ability to be present and aware of how we're feeling, where we are, and what we are doing. Find the mindfulness video on the social-emotional canvas page.

**We must make sure our relationship with ourselves is positive so we can create safe, positive relationships with our students.**