



Educator Self Care Choice Menu

**See if you can do TWO things from this choice menu EACH DAY.
You can't fill other buckets if yours is empty!**

Source: Paula Shauver Auble, Instructional Coaches Connection

<p><i>Check on a family member. Call or Facetime someone you care about and have a chat.</i></p>	<p><i>Watch an episode of a new, or favorite TV show. Make sure you're comfy!</i></p>	<p><i>Walk, run, bike, or swim for at least 15 minutes. Fresh air is best if possible!</i></p>
<p><i>Pamper yourself with a hot shower or bath. Maybe paint your nails or get a family member to give you a massage.</i></p>	<p><i>Read. Whether it is a new book, a favorite book, a physical or online book - spend some time quietly reading.</i></p>	<p><i>Connect with a friend or co-worker and talk about something other than work and the coronavirus!</i></p>
<p><i>Eat something that is either good for you or that you enjoyed preparing.</i></p>	<p><i>Participate at least 30 minutes in your hobby of choice.</i></p>	<p><i>Enjoy a new, or a favorite movie. Have popcorn or another yummy snack.</i></p>
<p><i>Watch a TED Talk or another inspirational video online. Share with others if you like!</i></p>	<p><i>Journal or blog. Write down your thoughts, dreams, concerns - document this strange time!</i></p>	<p><i>Meditate. Do some Yoga. At last do some deep breathing and stretching.</i></p>
<p><i>Play a game. Board game, toss a football, play ping pong, or whatever fun game you want!</i></p>	<p><i>Snuggle with a pet. (yes, children count!)</i></p>	<p><i>Cross something off your "To Do" list. Yardwork, gardening, fixing something, etc. Feels good to accomplish something!</i></p>

<p>Ask Yourself Everyday:</p>	<p>Am I drinking enough water? Did I get enough sleep? What am I looking forward to?</p>
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