



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

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