



### *Some Self-Care Tips for Students, Teachers, Staff, Guardians & Parents...*

*From the books: "Take Time For You, and 180 Days of Self-Care" by Tina H. Boogren*

*The CDC reports: "Communities are facing mental health challenges related to COVID-19..."*

*Self-Care, Happiness and Personal Well-Being is an intentional practice...one must be deliberate, and check in with yourself daily...a personal commitment to yourself....because YOU MATTER.....Remember, YOU MATTER.....Take Time For You....*

- **Honor Yourself:** Be True to yourself....this may mean saying "No." creating some boundaries..."Thank you for thinking of me, but that won't work for me," or "My heart says yes, but my calendar says no."...Take pride in who you are...what you stand for...your likes and dislikes...your goals in life.."the key to thriving rests in self-care...you do have authority over your self-esteem, capture the negative thoughts..are they true? Or are they based on assumptions/exaggerations..turn negative thoughts around with self-affirmations, and **focus on the things in life that you value the most...."**
- **Inspiration:** Go to a different location for lunch, with different people...meet someone new...learn something new...create a "Vision Board"....Follow people who inspire you...try a new art form...a new craft...visit bookstores and libraries for ideas....listen to music...read books....Are there changes you want to make? **What brings you joy?**
- **Relationships:** This is an essential part of our overall health and well-being as human beings..COVID has added a different layer of isolation for many...we are wired for connections as human beings...being isolated can cause decreased sleeping, elevate blood pressure, higher cortisol levels, depression...Be intentional about healthy relationships...be around people who build you up...not tear you down...**reach out to others..**
- **Gratitude:** Benefits of gratitude are improved physical and psychological health, enhanced empathy, reduced aggression, improved sleep and self-esteem. **Finding 3 things a day to be grateful for is a good start....**Even thanking someone mentally provides a positive thought stream...
- **Mindfulness:** Increases self-esteem, self-control, combats anxiety, and immunity...**mindful means to do things on purpose** for ourselves, instead of putting ourselves last...Mindful Walks (Vitamin D); Mindful Yoga; Mindful Meditation; Mindful Deep Breathing; Mindful Silence; Other Mindful Exercise...
- **Time:**Value time over money..**allow yourself time..30-60 minutes of what brings you joy...**at lunch take a walk...listen to music...**Sleep:** Remove all electronics from bedroom...**Exercise:** Schedule exercise like you would a doctor's appointment...**Health:** yes, drink more water...**Reflect:** What worked this week for you? What did not work this week for you?
- **Be Present:** Put your phone down...stop scrolling...(scrolling can be an addiction)..**Laugh..with friends, at yourself, with family...**(it is good for your heart, lungs, reduces stress....boosts immunity)
- **Device Screens:** No Bright screens 1-2 hours prior to bedtime...**blue light is disruptive to sleep....**
- **Balance Blood Sugar:** Increase fruit, vegetable and water intake...this increases energy levels and brain function...sugar does the opposite..
- **Create Your Own Self-Care List:** Be Intentional with your needs....**BECAUSE YOU MATTER....**
- **Websites:** go.[SolutionTree.com/instruction](https://www.solutiontree.com/instruction)

