5 SELF CARE TIPS
For teachers and students

1. DEVELOP A ROUTINE SIMILAR TO THAT OF REGULAR SCHOOL
   - Wake-up time, meal time, bed-time, planning times, etc.

2. TAKE CARE OF YOUR MENTAL AND PHYSICAL HEALTH
   - Listen to soothing music, read fun books/poetry, watch tv, etc. Do what relaxes you.
   - Maintain a balanced diet, including lots of water. Exercise at least 10-15 minutes per day or at least 3 times per week.

3. Rest your eyes
   - Prolonged screen time can result in eye-strain and fatigue. Use the 20x20x20 rule.
   - Every 20 minutes focus on something 20 feet away for 20 seconds.
   - Place cool cucumber slices/damp tea bags on the eyes at the end of the day.

4. Manage your time wisely
   - Ask parents and guardians for help.

5. Reach Out
   - Make time for family and friends and have conversations not related to school.

I FEEL... | I NEED TO...
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Overwhelmed | Take a step back
Stressed | Focus on relaxing
Anxious | Practice a coping skill
Angry | Find a positive outlet
Drained | Rest and recharge
Upset | Take time for myself
Alone | Reach out for support