

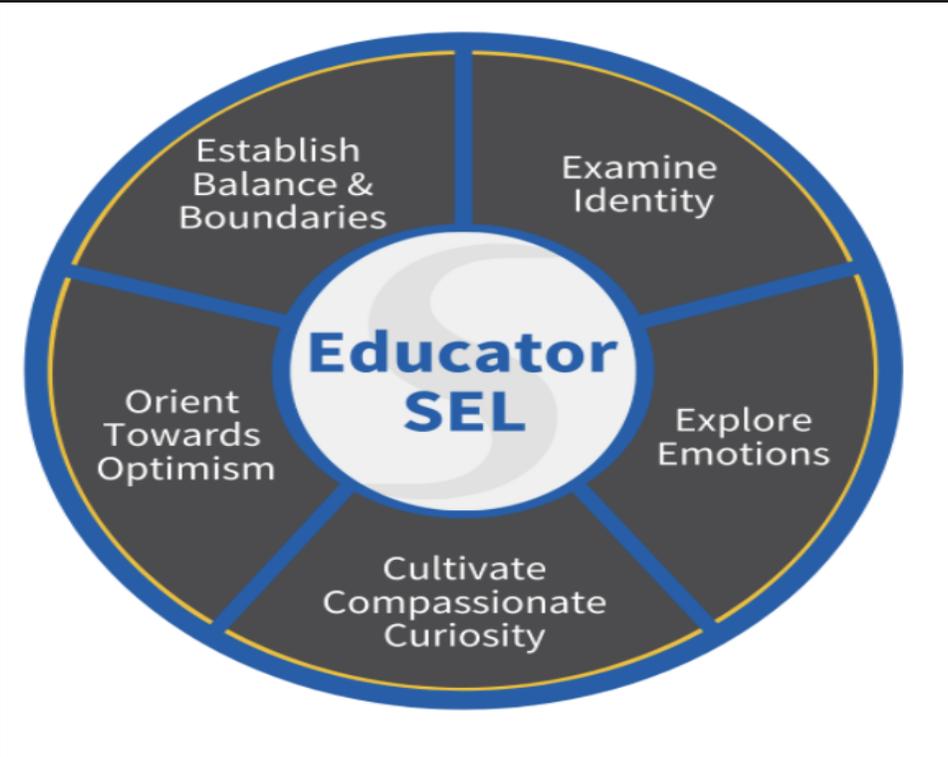
# Social Emotional Learning: For Educators

Why is self care important?

# What is Social Emotional Learning for Educators

- The competencies that adults need in order to manage stress and create a safe and supportive classroom environment
- The skills and mindsets that adults need to effectively embody, teach, model and coach SEL for students
- The overall well-being and emotional state of adults in school settings

# SEL for Educators Continued:



# What is Self Care:

The definition of self-care is any action that you use to improve your health and well-being. According to the National Institute of Mental Illness (NAMI), there are six elements to self-care:

- Physical
- Psychological
- Emotional
- Spiritual
- Social
- Professional
- Includes: Meditation, Exercise, Massage, Walking, Reading, Chores, Healthy whole foods, tea, decline, Relaxation, Kind, Spa, Letting yourself cry, Drinking Water, Join a Gym, etc.

# Misconceptions about self care:

- Self Indulgence / Selfish
- Costly
- Requires a lot of resources that you don't have
- The effects are temporary
- Time Consuming
- Self care is for women only
- Self Care is the same for everyone
- Self Care is all or nothing
- Self Care is optional
- Self Care is anything that soothes you
- Self Care means making a choice between you and others

# Why is self care important to educators

- Maintain good health
- Helps teachers interact more effectively with students
- Create school climates more conducive to learning
- Reduce stress and improve concentration
- Minimizes frustration and anger
- Improve energy, happiness, and prevent burnouts
- help you reach your potential in the classroom, which will in turn help your students succeed as well.

# Self-care Strategies for Teachers

- Because teaching can be socially overwhelming, make sure to plan at least 10 or 20 minutes a day where you can take a break and decompress by yourself.[3]
- Without a sense of compassion for yourself, you can't practice positive self-care. If you struggle with low confidence levels, find ways to work on and improve your self-image.[2]
- Bring a self-care "emergency pack" to school with things you enjoy so you can de-stress during your break if needed.[4]
- Learning to recognize and process your emotions can lead to healthy self-care habits. Keep a journal and write in it to work through difficult teaching days when you feel overwhelmed.
- Social support is an important factor in self-care, so find a way to connect with loved ones at least once a day. This could be having dinner with your family, calling a friend, or relaxing with your significant other.[1]

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Keyia Mandeldove

*Business Ower*

# How we can be contacted ?

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