

# Self Care for Educators

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## Burnout Prevention Tips

Recognize the signs of oncoming burnout in yourself, and know that it will only get worse if you leave it alone. Here's what you can do to keep burnout at bay:

- Start the day with a relaxing ritual
- Adopt healthy eating, exercising, and sleeping habits
- Set boundaries
- Take a daily break from technology
- Nourish your creative side
- Learn how to manage stress
- Actively address problems

## Dealing with Burnout: The "Three R" Approach

1

### RECOGNIZE

Watch the warning signs of burnout

2

### REVERSE

Undo the damage by managing stress and seeking support

3

### RESILIENCE

Build resilience to stress by taking care of your physical and emotional health

## Burnout Recovery



Force yourself to slow down or take a break. Cut back on whatever commitments and activities you can. Give yourself time to rest, reflect, and heal.



Get Support

Friends and family are more important than ever during difficult times. Sharing your feelings with a loved one can relieve some of the burden.

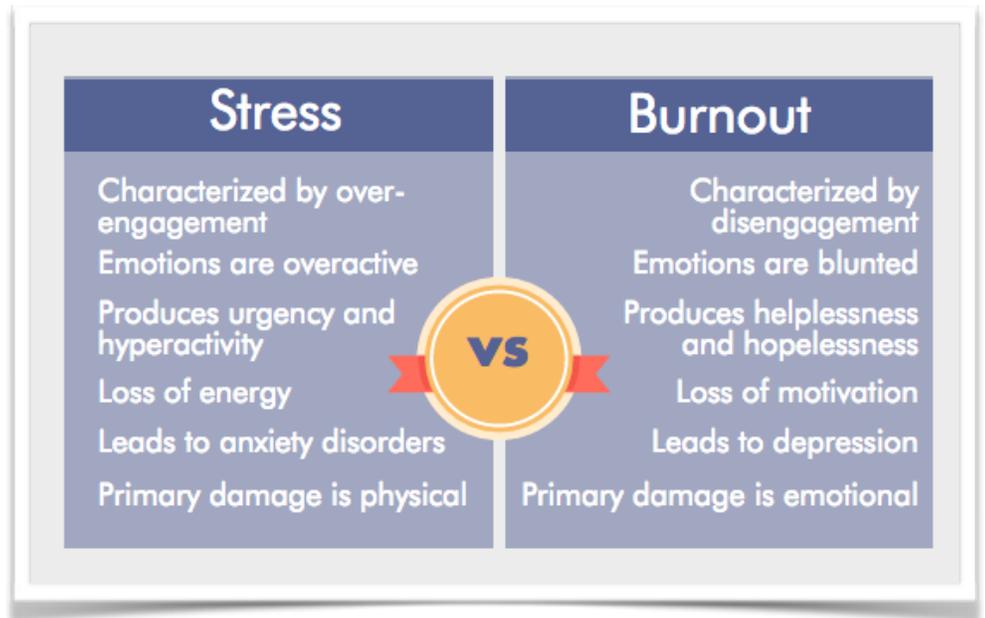


Think about your hopes, goals, and dreams. Rediscover what is truly important and really makes you happy and make changes accordingly.

## The difference between stress and burnout

Burnout may be the result of unrelenting stress, but it isn't the same as too much stress. Stress involves *too much*: too many pressures that demand too much of you physically and psychologically. Stressed people can still imagine that if they can just get everything under control, they will feel better.

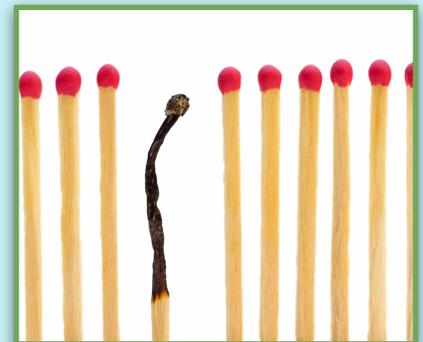
Burnout, on the other hand, is about not enough. Being burned out means feeling empty, devoid of motivation, and beyond caring. People experiencing burnout often don't see any hope of positive change in their situations. If excessive stress is like drowning in responsibilities, burnout is being all dried up. One other difference between stress and burnout: While you're usually aware of being under a lot of stress, you don't always notice burnout when it happens.



### RECOVERING FROM BURNOUT: ACKNOWLEDGE YOUR LOSSES

Burnout brings with it many losses, which can often go unrecognized. Unrecognized losses trap a lot of your energy. It takes a lot of emotional control to keep from feeling the pain of these losses. When you recognize these losses and allow yourself to grieve them, you release that trapped energy and open yourself to healing.

- Loss of the idealism with which you entered your career
- Loss of the role that originally came with your job
- Loss of physical and emotional energy
- Loss of friends, fun, and sense of community
- Loss of esteem, self-worth and sense of control
- Loss of joy, meaning and purpose that make work - and life - worthwhile



Source: *Keeping the Fire*, Ruth Luban

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## 82 Ideas for Self-Nurturing Activities

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1. Listen to my favorite music
2. Enjoy a long warm bubble bath
3. Go for a walk
4. Share a hug with a loved one
5. Relax outside
6. Exercise (of my choice)
7. Spiritual prayer
8. Attend a support group
9. Practice diaphragmatic breathing
10. Do “stretching” exercises
11. Reflect on my positive qualities
12. Watch the sunrise/sunset
13. Laugh
14. Concentrate on a relaxing scene
15. Create a collage of “the real me”
16. Receive a professional massage
17. Reflect on “I appreciate...”
18. Write in a personal journal
19. Attend an athletic event
20. Do something adventurous
21. Read a special book or magazine
22. Sing/hum/whistle a happy tune
23. Swing/sling/teeter totter
24. play a musical instrument
25. Spiritual meditation
26. Garden/work with plants
27. Learn a new skill
28. See a special play, movie, concert
29. Work out with weights
30. Ride a bike or motorcycle
31. Make a nutritious meal
32. Draw/paint a picture
33. Swim in a pool/surf
34. Do aerobics/dance
35. Visit a special place
36. Smile/say: “I love myself”
37. Take time to smell flowers
38. Imagine achieving goals/dreams
39. Go horseback riding
40. Reflect on: “my most enjoyable memories”
41. Enjoy a relaxing nap
42. Visit a museum/art gallery
43. Practice Yoga or Tai Chi
44. Relax in a whirlpool/sauna
45. Enjoy a cool glass of water
46. Admire the beauty of nature
47. Count blessings
48. Play as a child would
49. Star gaze
50. “Window shop”
51. Daydream
52. Develop a hobby
53. Attend a special workshop
54. Go sailing/paddle boating
55. Reward myself with a gift
56. Take myself on vacation
57. Create with clay/pottery
58. Practice positive affirmations
59. Pet an animal
60. Watch my favorite TV show
61. Reflect on successes: “I can”
62. Write a poem expressing feelings
63. Make a bouquet of flowers
64. Relax: follow the clouds
65. Make myself something nice
66. Visit a park/woods/forest
67. Read motivational literature
68. Reflect on: “What I value most”
69. Phone a special friend
70. Go on a picnic
71. Enjoy a gourmet cup of tea/coffee
72. Play a favorite sport
73. Practice a relaxation exercise
74. Practice the art of forgiveness
75. Treat myself to a healthy meal
76. Take photos of your favorite things
77. Eat some fresh fruit or vegetables
78. Write a letter to an old friend
79. Walk barefoot in grass or sand
80. Volunteer with your favorite charity
81. Tell myself loving words I want to hear from others
82. Create my own list of “self care ideas”