

# Teacher Self-Care



Make sure you have all grounds covered in basic teacher self-care! Getting sufficient sleep, exercise and eating well is highly critical at this point of time.



Between constant hand sanitising, worrying about your students and fixing technical issues during online classes, things can get chaotic. Remember to take a deep breath in between and set a daily reminder for yourself to do so if needed until you get used to this.



Use this time to plan out what teacher self care would you like to bring forward or things you would like to change once we shift back to normal. Start by determining what exactly do you need to function better, is it extra downtime or inspiration? Then remember to schedule it in to ensure you stick to it!