**Definition:**

Taking action to preserve or improve one’s own physical, emotional, and mental health

**Why is it important?**

* To maintain healthy relationships
* To avoid burnout
* For good mental health
* For good physical health
* To manage stress levels

**How to apply self-care during COVID:**

* Take breaks
* Integrate self-care during lessons
* Recognize your feelings
* Connect with family and friends
* Journal
* Meditate

**Self-Care Resources**

<http://www.mindfulteachers.org/p/self-care-resources.html>

<https://www.positivediscipline.com/articles/self-care-teachers>

<https://www.youtube.com/watch?v=n3pdoe1hfuE>

<https://www.youtube.com/watch?v=90f5eEqrZG8>

<http://www.mindfulteachers.org/p/self-care-resources.html>

<https://www.psychologytoday.com/us/blog/click-here-happiness/201901/self-care-in-busy-world-4-questions-ask-yourself>