



"My top tips for teacher's self-care in 2020."

Suneta Bagri



**CULTIVATE
COACHING &
CONSULTANCY**

www.sunetabagri.com

**EVERY TEACHER
MATTERS PROJECT**

Where passion meets education.

One... **BUILD POSITIVE RELATIONSHIPS AND BE PART OF A COMMUNITY.**



Consider calling an old friend, volunteering your time, or meeting up with someone to feel connected to others. Look for friendships that allow you to talk openly and authentically about how you are feeling. Connect, laugh and have time to be yourself.

Two... **FIND WAYS TO BALANCE YOUR WORKLOAD WITH THE PRIORITIES IN YOUR LIFE.**



Are you obsessing about your work? Are you constantly talking about school? Make a conscious effort to shut off work life to prioritise your home-life. Ask others how they manage their stress and try work out the best way for you to balance your time.

Three... **PRIORITISE REST AND SLEEP WELL.**



Adults need an average of 7-9 hours sleep. Give yourself a good sleep routine, shut off any screens 30 minutes before bedtime, to assure you get a good nights rest. Sleep is vital to good performance and health. Prioritise this and keep to a sleep routine that works for you.

Four... **GIVE YOURSELF CREDIT AND REWARD YOURSELF WITH THINGS THAT MATTER TO YOU.**



Sometimes we focus too much on the next task, without truly patting ourselves on the back for small achievements. Take a moment to reflect on the last three things you have done well today. Give yourself credit even for the smaller things. You're doing a great job!

Five... **SWITCH OFF AND DO SOMETHING FUN (JUST FOR YOU!)**



Do something fun to take you away from your normal day-to-day activities, even if you don't feel like it. Stimulate your mind with positive feelings. Make it a regular occurrence, be creative, try new things and experiment.

Six... **TAKE TIME OUT TO LISTEN TO YOURSELF.**



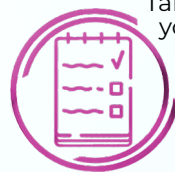
When was the last time you stopped and listened to yourself? When was the last time you asked yourself what you want? Sometimes we have so many people's voices, telling us what they need, we forget about our own voice. Make it a routine to stop and listen to yourself.

Seven... **EAT WELL AND KEEP ACTIVE WITH MOVEMENT BREAKS.**



Our physical health is linked to our mental health, so treat your body well. Keep hydrated, avoid processed foods and try to keep a balanced diet. See what fitness activities there are in your area, and see how you can make it a part of your fitness routine, even if it's just a simple walk every so often.

Eight... **SET FUTURE GOALS TO STAY MOTIVATED.**



Take time out to look at where you are and what you would like to achieve. Keep an eye on the bigger picture and make aspirational yet achievable goals for the future, which are in line with what you want in life. What small steps can you take daily/weekly/monthly to move towards these goals?