

Self Care

Physical:

- What movement activities support my regulation?
- How do I take time to calm my body before interacting with children?
- Do I have a good sleep routine?
- When I eat, is it for hunger, or something else?

Professional:

- Do I live out my beliefs/values?
- Am I open to new learning?
- Am I teachable, while I teach others?
- Do I practice good work-life boundaries?

Personal:

- Do I have trusted people I can turn to for support?
- Can I ask for help when I feel overwhelmed?
- Do I have safe spaces? Do I support safe spaces for others?

Emotional:

- Do I allow myself to be present in the moment?
- Do I allow myself to feel all kinds of feelings?
- Do I acknowledge what I feel without judgment?

Psychological:

- How do I care for my mental health?
- Do I acknowledge things that are hard?
- Can I identify my hot buttons?
- Do I practice self-compassion?
- Do I have strategies to keep me psychologically healthy?