



Parents, Teachers, and Staff: How To Care For You



Validate your emotions

No matter what you are feeling or experiencing, acknowledge it simply as how you feel, for that moment. Try to do so without judgment or without labeling it as “good” or “bad”. Just let yourself be wherever you are at.



Talk about it

We encourage our students and our children to talk about their feelings, or to speak to a trusted adult when they need assistance. The same goes for parents, teachers and staff. Remember who your most trusted people are, and call on them when you are having difficulty, or just need someone to listen.



Don't forget self care

As teachers, staff, and parents, we often are tasked with caring for those around us. However, we can't effectively take care of anyone else, unless we take care of ourselves first, and consistently. Remember to take walks in nature, create with art or with words, play your favorite sports, read your favorite book, prayer, or do whatever it is that brings you joy and peace. Do it daily!



Keep in balance

Do your best to keep a consistent sleep schedule, going to bed around the same time each night. Eat from a variety of food groups and eat three meals a day, and snacks. Drink a lot of water every day. Taking good care of our physical health keeps us in balance with our mental health as well.



Practice gratitude

When we can remember to be grateful for what we have in our lives every day, we focus less on what is lacking and more on the abundance we have. Begin each day with listing five things that you are grateful for; big or small. It helps to shift our focus from overwhelm and problems, to presence and peace.