



# TIPS FOR EDUCATORS AND STAFF

## TAKING CARE OF OURSELVES

### **Limit Media Consumption**

- News and social media coverage can be overwhelming and feel nonstop. Protect your brain by limiting your access.

### **Prioritize Sleep**

- Stress and anxiety can make sleep more difficult. Our brains and bodies need sleep to function. Put the devices away and prioritize rest.

### **Talk to Loved Ones**

- Seek support from loved ones. Isolation can exacerbate feelings of stress or anxiety. Connect with others based on your comfort level.

### **Move Your Body**

- Moving your body releases hormones to help with your mood. Find movements that feel good for you (e.g., yoga, walking, dancing).

### **Find Balance**

- Take some time to think about the positive moments, events, and people in your life. This can help balance your perspective.

### **Ask for Help**

- Seek support and help from the people in your life. We are not meant to do life alone.