

Amplify.

# 20 self-care tips for educators right now



**1. Get some air!**

Walk around the neighborhood, bring a chair and your laptop outside, or, at the very least, throw open a window, rain or shine.

**2. Eat.**

When you're less locked in to a regular schedule, it's easy to lose track of time—even meal time. Frozen vegetables are your friend!

**3. Make time for small indulgences.**

**4. Spruce up your work space.**

Wherever you're working these days, take a quick 10 to make it more ergonomic, clear a little clutter, or screen it off from the rest of your space.

**5. Embrace endorphins.**

Make sure to move, whether it's a long socially-distant run or a quick TikTok dance.

**6. Drink water.**

It's healthy to hydrate—and to get up and down for refills.

**7. Stretch—every inning.**

School keeps you on your feet. Home...doesn't. Set a timer to remind you to move every hour (at least).

**8. Turn off your screens.**

Resist the late-night siren songs of Netflix and news, and see how much better an extra hour a night of shut-eye makes you feel.

**9. Take 10 mindful breaths.**

Requires just a few minutes, it's good for mind and body—and there are lots of apps that will beep to remind you to do it.

**10. Connect to nature.**

Share a photo of the view from your window. Grow a tiny plant on your desk. Take five to zone out and watch a webcam of lapping waves or nesting birds.

**11. Let loose a little.**

When you can, step outside your comfort zone. (Two words: Zoom karaoke.)

**12. Set boundaries.**

Change your email signature to indicate when you're "in" (and when you're not). Even better: agree to do this with your team.

**13. Vision board!**

This period will end. What changes do you want to make for next year's teaching? What issues can you start listing and solving?

**14. Connect with students.**

Use tech—or good old snail mail—to give your students a word of praise or support.

**15. Connect with colleagues.**

Create a morning check-in thread or virtual brown-bag lunch to reinforce your team and lift your spirits.

**16. Share the good.**

See a point of light in the world? A heartwarming anecdote or baby otter gif? Share it!

**17. Look for the helpers.**

Who around you is going beyond above and beyond than everyone else—delivering meals, sewing masks? Lift them up for recognition and inspiration.

**18. Schedule self-care.**

Whatever your new or intended self-care ritual, make sure it happens by telling your phone to remind you or planning to do it with a buddy.

**19. Add your own.**

What other new or tried-and-true self-care inspiration can you offer yourself, or your fellow educators?

**20. Share this list!**

Help create a community of care by taking a moment to pass this list along.

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