



POSITIVE BEHAVIOR INTERVENTIONS & SUPPORTS/RESTORATIVE PRACTICES

WE ARE SAFE, RESPECTFUL, RESPONSIBLE, RESILIENT, & RESTORATIVE

Self Care Resources

It is imperative that we infuse self-care practices into our daily lives so that we can maintain our own holistic health to better balance and support the fluctuating needs of our students, co-workers and our own families. When approaching self-care, it is best to keep the following in mind:

"It's not something that happens passively. It is something that we must actively and consciously integrate into our lives, by carving time out during the day to practice breathing and mindfulness, or talk with a friend, or do something that makes you laugh, or whatever it may be. The steps presented are all simple, but the act of consistently integrating them into your lives—and the positive ripple effect this has on your well-being—are profound indeed."

-Pia V. Escudero

Take Mindful Moments

Manage stress and promote resiliency

- <http://www.freemindfulness.org/download>
- <https://www.mindful.org/audio-resources-for-mindfulness-meditation/>



Get Your Heart Pumping

Increase your energy and happiness with exercise

- <https://ymca360.org/>



Stay Connected

Build and maintain relationships through different modes of communication

- Call/text/chat over the phone, Apple Face Time, Google Duo, Skype, Zoom, email chat, Facebook, Instagram, Marco Polo



Go Outside

Give yourself a change of scenery by stepping outdoors (while maintaining physical distance)

- Try roller skating, biking, walking in the neighborhood, gardening, or sitting on the balcony/patio/porch/yard



Eat for Good Health

Nourish your body and hone your cooking skills with some delicious recipes for health

- <https://www.lifehack.org/articles/lifestyle/25-super-easy-recipes-boost-your-immune-system.html>
- <http://www.eatingwell.com/gallery/11476/healthy-recipes-to-boost-immunity-ward-off-colds/>



Get Your Laugh On

Laughter is the best medicine

- <https://www.helpguide.org/articles/mental-health/laughter-is-the-best-medicine.htm>
- <https://www.goodnewsnetwork.org/category/news/laughs/>



Live Beyond Work

Enhance your mind

- <https://stories.audible.com/start-listen>
- <https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours>



Get Your Sleep In

Rest is best

- <https://www.sleepfoundation.org/articles/healthy-sleep-tips>

