50 self-care IDEAS FOR EDUCATORS

1. WRITE A HAND WRITTEN THANK YOU NOTE.
2. ORGANIZE A CLUTTERED SPACE.
3. LIST 3 MISTAKES AND ONE THING YOU LEARNED FROM EACH.
4. PLANT SOMETHING NEW, GIVE IT A NAME AND NURTURE IT.
5. MAKE A LIST OF TASKS YOU'VE BEEN PUTTING OFF AND JUST DO THEM.
6. GIVE YOURSELF A MANI / PEDI WITHOUT TRYING TO BE PERFECT.
7. FORGIVE YOURSELF OR SOMEONE ELSE.
8. MEDITATE OR TRY NEW BREATHING EXERCISES.
9. CONNECT WITH AN OLD FRIEND.
10. WRITE POSITIVE STICKY NOTES TO YOURSELF AND HIDE THEM TO FIND LATER.
11. MAKE A PLAYLIST OF HAPPY SONGS.
12. GO ON STRIKE FROM CHORES FOR A WHOLE DAY OR WEEK.
13. NOTICE AND CHANGE NEGATIVE THOUGHTS TO POSITIVE.
14. GO TO THE SPA & TRY A NEW SERVICE YOU'VE NEVER DONE.
15. DANCE DURING CHORES.
16. TRY A NEW HOBBY.
17. TAKE SOCIAL MEDIA BREAKS.
18. FIND WAYS TO BELLY LAUGH. (CATCH A COMEDY SHOW)
19. DRINK PLENTY OF WATER AND TRACK IT FOR A WEEK.
20. BE EXTRA KIND TO SOMEONE WHO WASN'T NICE TO YOU.
21. BINGE WATCH A SERIES AND/OR GO OUT TO A MOVIE.
22. PLAY A BOARD GAME.
23. MAKE A BATCH OF INFUSED WATER AND SIP ALL DAY.
24. LISTEN TO A SELF-HELP PODCAST.
25. TRY SLEEPING WITH A WEIGHTED BLANKET.
26. TAKE A BUBBLE BATH WITH CALMING BACKGROUND MUSIC.
27. BUY OR PICK FLOWERS TO DISPLAY AT DINNER TONIGHT.
28. TAKE A LEISURELY WALK WITHOUT A GOAL.
29. PUT ON A HOMEMADE FACE MASK.
30. MAKE HOMEMADE SOAPS.
31. TAKE A NAP WITHOUT FEELING GUILTY.
32. ORDER IN DINNER FROM SOMEWHERE NEW.
33. GET CRAFTY. THINK OUTSIDE THE BOX AND GIFT IT TO SOMEONE.
34. GO TO A PUBLIC LIBRARY AND READ FOR AN HOUR.
35. LOOK UP LOCAL VOLUNTEER OPPORTUNITIES AND SIGN UP.
36. SIT IN THE GRASS AND WATCH THE CLOUDS MOVE BY.
37. FIND SHAPES IN THE STARS.
38. SAY NO MORE OFTEN.
39. TAKE A MENTAL HEALTH DAY
40. BURN A CANDLE OR DIFFUSE SOME OILS.
41. SIP ON A FANCY DRINK IN A COFFEE SHOP.
42. GO FOR A DRIVE WITHOUT A DESTINATION. LET THE SIGHTS LEAD YOU.
43. WALK AROUND A FANCY GROCERY STORE AND TRY SOME NEW THINGS.
44. STRETCH FOR 20 MINUTES EVERY MORNING FOR A WEEK OR MONTH.
45. BUY A RANDOM MAGAZINE AND SPEND AN HOUR READING IT WITH A FUN SNACK.
46. SIT OUTSIDE. JUST. SIT. THINK OF ONLY THE PRESENT. FORGET THE PAST & FUTURE.
47. ASK FOR AN OLD FAMILY RECIPE AND MAKE IT.
48. WATCH THE SUNSET ALONE WHILE THINKING OF 3 BLESSINGS IN YOUR LIFE.
49. PLAN A PICNIC AND INVITE SOMEONE YOU LOVE.
50. CHALLENGE YOURSELF TO FACE A FEAR! MAKE IT FUN!

