

Break out discussion prompts:

- What areas of strength and challenge did you identify regarding self and/or staff care? Share some ideas with your colleagues.
- How might self and staff care impact students?
- How might you approach staff care through a lens of equity?

Important for self-care:

1. Drink plenty of water and eat healthy foods
2. Get sufficient sleep
3. Enjoy sunshine & fresh air
4. Allow yourself some alone time
5. Practice mindfulness and/or gratitude
6. Take time with friends and family
7. Engage in a hobby that you enjoy (reading, gardening, cooking, listening to/making music, etc.)
8. Work together as a team--resist the urge to go it alone
9. Find supportive communities (in person, via social media, etc.)
10. Say no to things that are not high priority; set boundaries

Leader actions that support staff care:

1. Communicate frequently and transparently; be open to feedback
2. Identify and prioritize opportunities for staff to learn, plan, and reflect on social, emotional, and mental health
3. Create protected time for staff to regularly collaborate with one another
4. Embed in existing meeting structures the opportunity for staff to connect personally, interact in meaningful ways, and share reflections/appreciations
5. Model your own SEL competencies and development
6. Establish structures for shared decision-making and ensure that decision-making teams are representative of your school community
7. Prioritize workloads by having clear goals
8. Encourage workplace wellness programs