



Self-Care Tips for Early Childcare Educators

COVID-19 Training Highlights

The 4 Areas of Self-Care

Keep Yourself Healthy

Self-Care Activities & Strategies

Keep Yourself Happy

Physical

- Eat healthy, balanced meals with foods that you enjoy eating
- Strive for 150 minutes of moderate to vigorous physical activity a week
- Aim for 7+ hours of sleep every night



- Enjoy healthy portions of proteins, fruits, vegetables, and grains
- Create a workout schedule
- Set your alarm before bed

Mental/ Emotional

- Stay aware of your emotions and thoughts
- Find coping mechanisms to destress
- Work on decluttering the mind by focusing on a few important tasks daily



- Take breaks
- Explore hobbies and meditation practices
- Create a to-do list ordering tasks by deadlines

Spiritual

- Reach out to your community
- Know your purpose by finding meaning in regular activities
- Reflect on your beliefs and values



- Keep in touch with your community
- Think about the impact you wish to create
- Explore reflection modes such as writing or speaking with others

Professional

- Set boundaries to keep yourself in check
- Stay connected with your colleagues
- Create a balance between your professional and personal life



- Practice self awareness
- Keep professional relationships
- Schedule set work hours

Resource Links

[CNN Sesame Special: COVID-19 Popsugar Fitness Video](#)

[Youtube Home Workouts](#)
[Declutter The Mind](#)

[Eating to Reduce Anxiety](#)
[Headspace Meditation App](#)