

In Times of Crisis - Self Care¹

In this time of global crisis and change we are feeling increased stress, dis-ease, confusion and even fear. Self-care is needed now more than ever. As adult educators, we need to make sure our own cup is filled, so that we may give our all to learners and colleagues in our lives.

Here are tips to help.



1. **Know your limits.** Recognize when you are doing more than you are used to handling and take time to figure out what can be done to slow down.
2. **Get the sleep you need and learn how to rest.** Do you know how much sleep you require every day and are you sleeping at least that much? There are many resources and phone apps that can help if you make it a priority. Try different things to find out what works to rest your body and your mind.
3. **Ensure you're well fed.** Does what you eat provide the energy you need to function? Take time to eat meals at work and have snacks when your body requires energy during the workday. Integrate favorite healthy foods into your routines and plan to make sure you have adequate nutritional foods throughout your day.
4. **Find a way to decompress *throughout your day*,** not just at the end of your workday. Most people say they don't have the luxury of taking breaks, but mini breaks throughout the day help refresh your mind and body. What helps you tune out the noise? Try stretching or taking a brief walk even if it's only a few feet away, getting a drink of water, talking to a friend, getting in touch with a loved one even if it's just a text, or looking at photos that have special meaning. The brain needs those pauses.
5. **Consider changing a difficult work situation.** Examine what might be done to make your work less stressful. Think about changes in to your work environment. Try changing where you sit and do your work. If you are working unsustainable hours, is some end in sight?
6. **Destress after a day's work.** That might mean walking around after work to clear your head, driving in silence, or listening to music to help transition from work to home.
7. **Feed your spirit.** That might take the form of meditating, praying, connecting with nature by a walk in a park or observing a sunset or sunrise, attending a religious service (virtually), practicing gratitude, and reading or listening to something inspirational.

¹ Adapted from <https://www.psychologytoday.com/ca/blog/skinny-revisited/201805/self-care-101>