

Self-Care for Administrators-  
Supporting Staff During Uncertain  
Times: How do we best support our  
staff?

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*Early Childhood Principal Roundtable 1-7-21*

# Today We Will:

- 1) Learn how to support ourselves in designing and maintaining a healthy self-care routine.
- 2) Create empathy for self and others with a focus on honoring and valuing ALL unique perspectives, cultures, values and abilities.
- 3) Create a self-care plan for ourselves to share with our staff.
- 4) Begin to create a plan to support our staff in the area of self-care.

# Community Agreements

- Come as you are
- Learning is nonlinear
- Customize your learning experience
- Accept and appreciate ALL perspectives, cultures, values, and backgrounds

# Group Norms

- Stay muted unless sharing
- Keep video on as much as possible
- Use chat feature for questions and participation
- Be present and participate

# Welcome Breakout Rooms:

1) Tell us something positive about yourself  
2) Tell us something that you are looking forward to in this session  
3) Tell us what you might need help with in the area of your own personal self-care.

<b>Rose</b> <i>Something positive, or worthy of celebration.</i>	<b>Bud</b> <i>Something you're looking forward to.</i>	<b>Thorn</b> <i>Something you might need help with.</i>
<i>What would need to be true to turn your thorn into a rose?</i>		

# Pause and Reflect

- As you inhale and exhale, think about your staff members that you will work with daily and how you will be dedicating your work to them today. You have an invitation to share a word that describes them in the chat below.



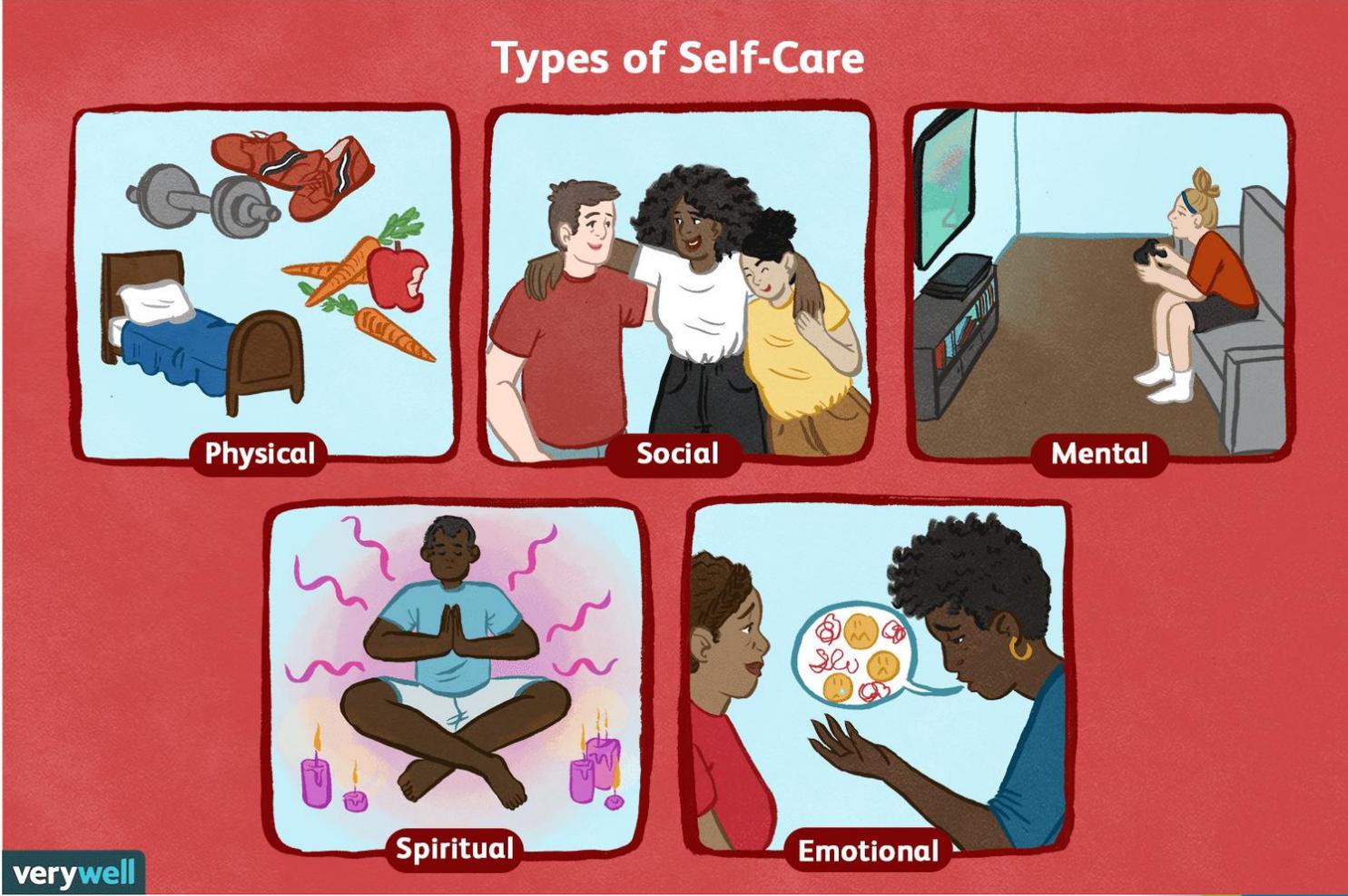
*just  
breathe*

# What is Self-Care?

## Jamboard



# Types of Self-Care:



# Working with teachers servicing students with special needs in early childhood...

- Some may need extra support
- Having special needs can be stressful, so educating a child with special needs can be extra challenging (and extra rewarding too!)
- Try to put yourself in their shoes
- Listen without judgement

# What is Teacher Burnout?

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# Maslow before Bloom



Why Educators Need to Put Maslow Before Bloom?

**Self-care is not a luxury it is essential  
right now...**



# Top 5 Tips for Self Care...

How will we teach these tips to our staff?



# #1 Take Time for Yourself

- Carve out 15 minutes a day to do something that you find relaxing.
- It is important to have a “me moment” in order to recharge and reset for any challenges that may come during the rest of your day/night.
- Imagine this time as a stop at the gas station where you “fill up your tank.” What would happen if you didn’t?
- Use a “senses break”
- Embrace Movement
- Get outside

# #2 Communicate with Someone You Trust

- Find your tribe
- Join a group with like-minded people (online forum)
- Be yourself
- Peer support
- Professional support
- Community Support
- Ask for help

# #3 Find Acceptance & Feed Your Soul

- Accept that you cannot “fix” everything
- Accept limits on what you can do (Super Teacher/Parent Syndrome)
- Get rid of perfectionism

# #4 Use Positive Self-Talk

- Meditation
- Be kind to yourself
- How would you talk to your best friend?

# #5 Be Consistent

- Keep it simple (balance)
- Be flexible

# Let's Create that Routine...

- LIST: Choose things you actually want to do
- BRAINSTORM: Make the most out of the time you have
- SET GOALS: to hold yourself accountable
- EVALUATE: if it is working
- ADJUST: to make it work better for you

# Ideas for Self-Care

## 35 Ways to Practice Self-Care

1. Sit in silence and breathe deeply.
2. Go for a walk or run in nature.
3. Do something kind for someone.
4. Create a gratitude list.
5. Write a self-love list of strengths.
6. Write a list of affirmations.
7. Create an empowering morning routine.
8. Create a relaxing evening routine.
9. Allow yourself to feel without judgement.
10. Do something creative.
11. Reconnect with a friend.
12. Listen to a guided meditation.
13. Make a stop-doing list.
14. Turn off social media.
15. Put your phone away.
16. Cuddle with your family or pet.
17. Drink a green juice.
18. Quietly savor a cup of tea.
19. Prepare a healthy plant based meal.
20. Do something courageous.
21. Set a boundary in a tough relationship.
22. Journal or read in bed.
23. Burn incense or a soy candle.
24. Wear your favorite perfume.
25. Treat yourself to something unique on Etsy.
26. Buy plants or flowers for your home.
27. Declutter one area or closet.
28. Sit and visualize your ideal life.
29. Create a vision board.
30. Write down a list of monthly goals.
31. Go to bed early and wake up with the sun.
32. Watch your favorite movie.
33. Start a game night with your family.
34. Learn a new skill.
35. Give up trying to be perfect.

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# My Self-Care Routine

## MY SELF CARE PLAN FOR THE DAY

My Name: \_\_\_\_\_ Today is: \_\_\_\_\_  
Self care Activity: \_\_\_\_\_ Time Span: \_\_\_\_\_

### LET'S MAKE THIS MINDFUL. BE PRESENT!

Pick an activity for the day. Note how many minutes you will devote to it in the above section. Keep yourself accountable. Rinse and Repeat daily!

Take a Nap	<input type="radio"/>	Start a New hobby	<input type="radio"/>
Read favorite book	<input type="radio"/>	Relaxing bath	<input type="radio"/>
Catch up with a friend	<input type="radio"/>	Go for a walk	<input type="radio"/>
Salon/pamper-nails/hair	<input type="radio"/>	Enjoy a treat	<input type="radio"/>
Yoga/Meditation	<input type="radio"/>	Gym/Workout	<input type="radio"/>
Gratitude Journal	<input type="radio"/>	Watch a favorite show	<input type="radio"/>



# Action Planning- Exit Ticket

- How will you take your self-care routine and share it with staff?
- Share out in zoom rooms (Exit Ticket)

# Claudia's favorite resources to help in dealing with high-anxiety staff...

- <https://www.wgu.edu/heyteach/article/6-strategies-relieve-teacher-anxiety1809.html>
- <https://www.wgu.edu/heyteach/article/9-stress-management-strategies-every-teacher-needs-know1612.html>
- <https://www.youtube.com/watch?v=tBhQy12ANrc>
- [https://www.mentoring.org/wp-content/uploads/2020/03/MARCH\\_2015\\_Self\\_Care\\_Assessment.pdf](https://www.mentoring.org/wp-content/uploads/2020/03/MARCH_2015_Self_Care_Assessment.pdf)
- [https://www.mentoring.org/wp-content/uploads/2020/03/MARCH\\_2015\\_Self\\_Care\\_Assessment.pdf](https://www.mentoring.org/wp-content/uploads/2020/03/MARCH_2015_Self_Care_Assessment.pdf)

# Thank You and Credit To..

[www.parentmap.com](http://www.parentmap.com)

[www.goodtherapy.com](http://www.goodtherapy.com)

[www.childmind.org](http://www.childmind.org)

[www.brainbalance.org](http://www.brainbalance.org)

[www.casel.org](http://www.casel.org)

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