

Self Care Ideas



1. Take a bath with a calming scent such as lavender, eucalyptus, or frankincense.
 2. Not a bath person? Take a steam shower. Add some essential oils or steam shower bombs and relax.
 3. Journal.
 4. Write an old-fashioned snail mail letter to someone.
 5. Get some fidget toys, slime, play dough to put those anxious hands to rest. I personally love my new Rubix cube.
 6. Call a friend who you feel is calming and gives good advice.
 7. Do a puzzle.
 8. Get an adult coloring book and some new colored pencils. Swear words are optional.
 9. Do a foot peel. I have yet to try this, but apparently, it's fun peeling off layers of dead skin. Who knew?
 10. Diffuse essential oils made to relieve anxiety, aid sleep, etc. It might just be psychosomatic, but scent really seems to help me.
- II. Leave your work at school!**
12. Do a batching day or two every once and awhile. Have tons of papers to grade? Save them all for a certain day and have a timer set. If you don't get them all graded within the time allotted, it can wait. The same goes for lesson planning. If you have a rhythm and have to turn in weekly lesson plans, try and set aside one day per month to write the lessons for the month. This way you will not have to worry about them every single weekend!
 13. Get a house plant. Don't have a green thumb? Either get a fake one or a cactus that is hard to kill.

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14. Read for fun! Find a series you like and try and read each book in the series.
15. Learn hand lettering.
16. Bake something new.
17. Go for a hike, swim, kayak, whatever. Get outside!
18. Have a picnic in the living room.
19. Make a pillow fort with your own kids if you have them.
20. Binge on a funny show. Schitt's Creek is my recommendation!
21. Download meditation podcasts.
22. Learn about chakras. It sounds funny and I initially scoffed at this, but I was so focused on learning about them I forgot about my stress. Imagine when I actually implement them.
23. Sip on some decaffeinated tea. Yes, I said the word decaffeinated. Truly, cutting back on caffeine has already helped my anxiety.
24. Curl up with a book or movie and use a weighted blanket.
25. Do yoga...or if you are like me, attempt to do yoga.
26. Turn off phone notifications during relaxation time and definitely on the weekend! No emails during YOUR time.
27. Learn to say no. It's hard at first, but you can't do everything.
28. Add some fruit to your water.
29. Find a podcast to binge listen to. It doesn't have to be teaching-related!
30. Lay on the grass or somewhere outside and just watch the clouds



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31. Write a letter to your younger self telling about all you've accomplished.
32. Talk it out. A friend or therapist is great. Many therapists are now virtual.. [Talkspace](#) and [Betterhelp](#) are just two I've heard of.
33. This may seem weird, but stay off any sites that might make you feel bad or send you down rabbit holes. Facebook, Zillow (my biggest vice), Instagram.
34. The same goes for TV shows and movies. Seriously, I love me some HGTV but it honestly causes me stress since I can't even hang a shelf correctly.
35. Walk somewhere. You don't even have to have a destination in mind.
36. Meal prep for the week.. This includes lunches.
37. Paint something.
38. Create something. With yarn, clay, scrapbook stuff, whatever.
39. Plan a weekend getaway even if it's close by.
40. Plan a summer trip. Hopefully, by then things will be semi back to normal.
41. Unfollow any teacher or teacherpreneur, as we're called, that makes you feel inadequate.



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42. Listen to music that suits the mood. Need to be pumped up for doing chores, rock on! Or if you need to calm down, classical is always a good choice.
43. Order dinner from somewhere you've never tried.
44. Try to remember something you liked to do as a kid...and do it. Even if it involves something "silly" like playing in the woods or dressing up.
45. Get a massage.
46. Get a mani-pedi.
47. Try a new hairstyle or color.
48. Buy something that isn't teaching related for yourself!
49. Grab coffee for yourself and not worry about the cost.
50. Basically, treat yourself!



*"You can't
pour from an
empty cup."*