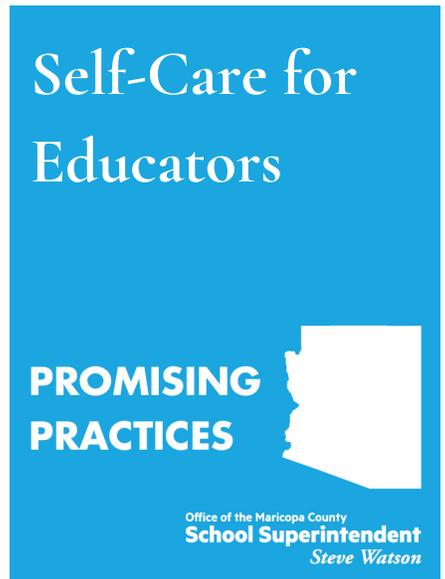


WHAT IS IT?

Self care for educators is crucial to avoid burn out, develop health stress management, and survive! Yoga, Mindfulness and Meditation are some examples of simple self care techniques that educators can adopt.

IMPACT?

Prioritizing our mental health as educators allows us to be present with our students and our families outside of school.



self-care for educators



TO LEARN MORE ABOUT THIS RESOURCE:

[Self Care Resources](#)