



## EDUCATOR SELF-CARE CARD

1. Positive Friends I can talk to:

- a.
- b.
- c.

2. Mentors or Supports I can talk to:

- a. Family
- b. Community
- c. School
- d. Spiritual

3. If I am feeling down or sad, I can do these activities:

Physical activities/stress relievers (such as walking, biking, working out, yoga):

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Quiet, calming activities (such as taking a nap, writing in my journal, petting my dog):

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Concentration activities (such as watching a funny show, reading a novel, writing thank you notes):

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4. Ways I can help others right now:

- a.
- b.
- c.

5. Three things that I am grateful for:

- a.
- b.
- c.

6. Good things that have happened today or yesterday even in the midst of tough stuff.

- a.
- b.
- c.

7. What are ways that I can invite others to use their Strengths too?

- a.
- b.
- c.

*\*If I am concerned about my thoughts right now, I can call the Lifeline at 800.273.8255*