

EDUCATOR SELF-CARE CARD

Positive Friends I can talk to:

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Mentors or Supports I can talk to:

- Family
- Community
- School
- Spiritual

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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Ways I can help others right now:

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Three things that I am grateful for:

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

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

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

