

# Educator Self-Care Techniques

## BODY SCAN

01



Tune in to your own body with breath.

- Rest your focus on any area needing attention
- Acknowledge the feelings in each body part
- Scan from Root to Crown
- Actively work to relax and release



02

## SENSORY

Give yourself space to feel.

- Applying lotion
- Butterfly breathing
- Tapping



## MIRROR

03



Build community with mindful listening.

- Create a safe space for vulnerable sharing
- Determine the speaker and the listener
- Speaker shares
- Listener mirrors back the words they heard
- Switch



Curious for more information?

Head over to [theyetmindset.org](https://theyetmindset.org) to take a deeper dive into the science behind these practices.

# Educator Self-Care

How to Create a 15-Minute  
Self-Care Routine

2  
MINS

COLLECTIVE  
BREATH

1-2  
MINS

CHECK-IN

1  
MINS

DEFINE  
THEME

3  
MINS

DISCUSSION

3  
MINS

APPLICATION

2-3  
MINS

REFLECTION

1-2  
MINS

CLOSING

Scan to collect your [FREE](#) downloadable SEL resources

