



Educator Wellness and Mental Health Supports

#INthistgether

As we adjust to our new normal of living with COVID-19, it is important to **acknowledge** that we all have some anxiety as we begin another school year. Not knowing how things can change from day to day is hard. It is healthy and necessary to **process** the feelings that arise from this unusual time. Name your feelings and do not push them aside. Remember, it is **okay** to not feel **okay**. It is also critical to do your part in managing your mental wellness and move toward **acceptance** of this new normal. Educators are such an important part of our community. We care about you and remember we are **#INthistgether!**

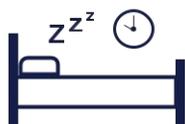
Tips for Managing Stress and Anxiety



Nourish your body. Eat mostly healthy foods and allow only occasional treats. Limit your caffeine and alcohol intake. Drink plenty of water.



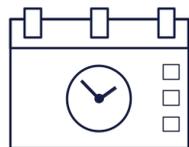
Exercise regularly. Exercise releases endorphins that will help your mental health as well.



Be sure to get plenty of rest. Do not nap all day and stay up all night. Sleep is our reset button.



Spend time away from focusing on COVID-19. Do not let it take over what you read, watch, or talk about.



Create and maintain routines as much as possible. Shower, put on new clothes, do your hair, etc. Do what it takes to keep a routine.



Stay connected! Social distancing means physical distancing. It does not mean we cut off all social interactions. Call your friends and Zoom with coworkers. Do not isolate yourself.

Access Links:
<https://bit.ly/EduWellnessDoc>

Self-Care

Self-care should always be a priority, but it is even more important during a time of crisis. Schedule at least 30 minutes a day to focus on self-care.

- Read or Listen to Podcasts: [The Happiness Lab](#), [Brene Brown Podcast](#)
- Enroll in the IDOE's [Science of Happiness Course](#)
- Get outside! Take in the creation and beauty of nature.
- Try deep breathing, relaxation, yoga or meditation. [Calm App](#) or [Down Dog Yoga App](#) (free for educators)
- Read and say [daily affirmations](#).
- Read more about [Self-Care in the Time of Coronavirus](#)
- Give yourself grace, you are not working under typical circumstances. Be kind to yourself.
- Spend time in the [Virtual Calming Room](#).
- Consider at-home activities to promote positive coping practices, effective communication and connection with social supports found in the [Change the Frequency Activity Guide](#). Both English and Spanish versions can be found here (English and Spanish): <https://changethefrequency.today/#resources>

Mental Wellness



- National Suicide Prevention Line: (800) 273-8255
- Crisis Text Line (even if you just need someone to talk to and you're not in crisis): Text "IN" to 741-741
- Many mental health professionals are offering telehealth services. There has never been a better time to gift yourself counseling services.
- Go to www.doe.in.gov/SEBW to find your local Community Mental Health Center (click [here](#)). Reach out to the SEBW team if you need more resources!