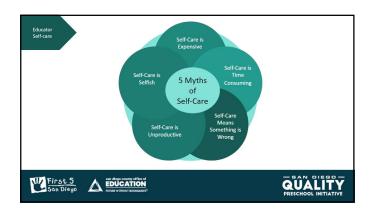
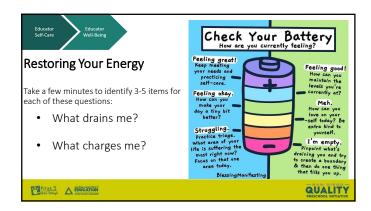


Educator Self-care	What comes to mind when you think of self-care?
	Please use annotate "text" feature to add your thoughts below:











"Engaging in a self-care routine has been clinically proven to reduce or eliminate anxiety and depression, reduce stress, improve concentration, minimize frustration and anger, increase happiness, improve energy, and more. From a physical health perspective, self-care has been clinically proven to reduce heart disease, stroke and cancer. Spiritually, it may help keep us in tune with our higher power as well as realize our meaning in life."









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Resources	
https://www.apaservices.org/practice/ce/self-care https://centerhealthyminds.org/ https://www.edsurge.com/news/2020-05-20-5-strategies-to-enhance-educator-and-student-well-being-right-now	
https://www.edsurge.com/news/2020-04-10-why-early-childhood-educators-should-turn-to-mindfulness-and-compassion-now-and-always http://www.earontroown.com/blog2/telf-care-is-not-selfish https://www.naeyc.org/resources/topics/focus-ethics https://www.naeyc.org/resources/topics/focus-ethics	
https://www.optimalbrainintegration.com/ https://www.sciencedaily.com/releases/2016/06/160627124928.htm ttps://www.snbu.edu/about-us/newsroom/2019/04/what-is-self-care https://traumasensitiveschools.org/	
Trauma-Informed Practices for Early Childhood Educators: Relationship-Based Approaches that Support Healing and Build Resilience in Young Children. Nicholson, J., Perez, L., & Kurtz, J.  Warres 2 A Miller A Mil	
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