



# Transitions To Teaching

## RESOURCES TO SUPPORT YOUR SELF-CARE

### GUIDING THOUGHTS:

I have decided to stick with *love*. *Hate* is too great a burden to bear. (Dr. Martin Luther King)

“If I am not for myself, who will be for me? If I am not for others, what am I? And if not now, when?”  
(Rabbi Hillel)

“Grant me the strength to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.” (Reinhold Niebuhr)

### APPS:

- [Insight Timer](#) Meditation App (free)
- [Map My Walk](#) App (free)

### WEBSITE:

- Very Well Mind: Effective Stress Relievers for Your Life  
<https://www.verywellmind.com/tips-to-reduce-stress-3145195>

### SELF-CARE AND WELLNESS LOG

- Logs to use for four weeks are attached here. You can fill them out on your computer, or print them out.

### VIDEO:

- This video demonstrates how to sanitize groceries and take-out food.  
<https://youtu.be/sjDuwc9KBps>

*“When I was a boy and I would see scary things in the news, my mother would say to me, ‘Look for the helpers. You will always find people who are helping.’ To this day, especially in times of ‘disaster,’ I remember my mother’s words and I am always comforted by realizing that there are still so many helpers—so many caring people in this world.” (Fred Rogers)*

**STAY WELL!**



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Week of:

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## Self-Care and Wellness Log

Use this Log to keep track of things you do each day to take care of yourself. It's a good way to be sure that you make a point of taking time to do things that make you feel good.

You may also want to list all the things you accomplish each day aside from work assignments - reaching out to a loved one, creating artwork, doing a puzzle. These things are an important part of who you are.

Not every day will be the same; some days there will be more time for self-care than others, but be sure that every day has at least some time.

Looking back at the end of the week, you will see how much you have done. Over time, you will see yourself feeling better and getting stronger.

Day	How long?	Activity-what did you do?	Do you want to do more of this?
Monday			
Tuesday			
Wednesday			
Thursday			
Friday			
Saturday			
Sunday			



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