

SELF CARE STRATEGIES

Self Care when teaching sex education workshops includes:

- Taking *your* breaks during break time to refresh not just answer individual questions.
- Leaving enough time for travel to the event to breathe and set up peacefully.
- Giving yourself permission to make a mistake, own it, and move on during a presentation.
- Schedule a debriefing with a supervisor or trusted colleague planned to integrate what *you* learned while teaching, especially in the early phases of business.
- Use movement and meditation breaks for your own rejuvenation too.
- HALT: am I hungry, angry, lonely, or tired? If so, now is the time to take care of myself by not making big decisions or engaging in a discussion I'm not ready for... also not a great plan for teaching- address these needs best you can now.

Kind Self Care Strategies

- Meditation
- Invite playfulness
- Feel all of your feelings without self-recrimination or judgment
- Walking
- Pampering
- Permission slips
- Stretching
- Yoga
- Activate your self-soothing system: arm stroking, back to the wall, back scratcher, head soother, moisturize your hands, arms, or legs with slow strokes
- Masturbate
- Deep or yogic breathing
- Nature break

- Hydration
- Social media break
- Dancing- in the kitchen works
- Singing- in the car or shower is fine
- Nap
- Aroma boost- find what scent picks you up
- Laughter- xkcd.com is a quick, reliable source
- Relax with your pet
- Walk with a friend
- Make a connection with someone while doing errands; even just a small hi with eye contact can increase wellbeing
- Read poetry (or lyrics)
- Take time for a favorite hobby
- Sleep, changing schedules so you can get 8 hours, seeking a care provider if sleep is a problem issue all the time

Reflective Self Care Strategies

- Journaling
- Doodling
- Mandalas
- Coloring
- Playing with play-doh or other tactile toy
- Tarot
- Dream board or collage
- I ching
- Mindful presence
- Interpretation matters: see this TED talk https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend
- Write down your dreams upon waking
- Discourage unsolicited advice, walk away from situations that aren't nurturing when you have the option. Reflect carefully, often we overlook our freedom and martyr ourselves.
- Respect your own time