



# TEACHER WELLNESS NEWSLETTER

## CPLA Wants You to Take Care of Yourself this Summer

Teaching isn't easy. The anxieties and traumas of your students can compound with your own stressors, creating fatigue and even secondary traumatic stress. As the end of the year comes, you may have conflicting feelings about how your students will do over the summer, but one thing we all can agree on is the importance of taking a break.

We are excited to begin providing you, our dedicated teachers, with a special quarterly newsletter! In this first issue, we will explain why taking caring of yourself is important and how to cope with end of the year stress. We also include ways you can implement self-care strategies year-round. By fostering your own wholeness and health, you can indirectly help create more whole and healthy communities.

## Counseling Partners of Los Angeles

CPLA is providing 4 FREE virtual counseling sessions to teachers! If you are interested, please reach out to [teachers@counselingpartnersofla.org](mailto:teachers@counselingpartnersofla.org) for a referral link.

We would also like to hear your newsletter request topics! Email us at [info@counselingpartnersofla.org](mailto:info@counselingpartnersofla.org)



## Self-Care for Educators

### WHY SELF-CARE IS ESSENTIAL

Self-care is self-preservation. In a world full of burnout and stress, it is more important than ever. According to Audre Lorde,

1. Self-care is not laziness or overindulgence. It's about prioritizing what you need to be healthy and whole.
2. Practicing self-care in an age that stresses productivity demonstrates one's dedication to valuing people over work.
3. Refusing to perpetuate a culture of burnout allows you to have the strength to face stress and tumult in your life.

## More Than Coping Skills

### SELF-CARE IS MORE THAN JUST "DEEP BREATHING"

Coping skills like breathing are necessary and important as they help manage anxiety and stress. However, simply adopting these strategies does not eliminate all mental pain. That's why it is important to establish daily practices, rituals, and activities that can build up in the long term to make you as healthy and whole as you can be!

It's also important to understand that self-care is not consumerism. It isn't the latest fad diet or scrolling mindlessly on social media. It's about forming a loving and secure attachment with yourself that makes you feel seen, secure, soothed, and loved.

On the next page, we will list practical ways you can implement attachment-based self-care.

"44% of teachers in K-12 education said they very often or always feel burned out at work."  
-Gallup 2022 Poll

<https://news.gallup.com/poll/393500/workers-highest-burnout-rate.aspx>





## Practical Ways to Care for Yourself this Summer and Beyond

- Focus on meeting your own needs - Stick to a healthy sleep routine, consider counseling sessions, deepen your friendships, move your body in a way that makes you feel soothed, and so on! Establishing healthy and nurturing habits during the summer will set you up for success in the fall and beyond. Fostering this attitude of radical self-love, security, and soothing will strengthen your ability to cope with present and future stress.
- Prioritize good boundaries - Creating boundaries with family members or friends who are detrimental for your health can go a long way in increasing health and happiness. Consider seeking support from a counselor or putting limits on the amount of time you spend with people who drain you.
- Accept yourself and others - We all have different perspectives, needs, and feelings. Teachers often have an easier time accepting others, and not themselves. This summer, consider self-acceptance. When a thought or feeling pops up that you would push away before, mindfully observe it. This allows you to gain distance from automatic reactions.
- Foster relationships with yourself and others - Relationships with others are important, but the most important and foundational relationship is with yourself. If you don't feel like you are worthy of care or love, you will eventually burn out.

## Some fun ways you can nourish your heart and soul this summer.

- Volunteer with an organization you believe in and fills you up.
  - Volunteermatch.org has a list of local opportunities.
- Immerse yourself in nature
  - See the wildflowers
  - Go to Huntington Library, Descanso Gardens, Catalina Island
  - Hike, visit the beach, walk in the park
- Take advantage of what LA has to offer
  - Museums, amusement parks, shopping, music, tourist attractions, sports events, and so much more!
  - Check out Socalmuseums.org for ideas!
- Enjoy your hobbies or start a new one! Check out Meetup.org

In order to care for others, we need to care for ourselves.

