

# Self-Care for Teachers

The COVID-19 pandemic has forced academic systems to quickly adapt to remote delivery of classes, increasing stress and uncertainty. Teachers, being at the forefront of this shift, need to make time to care for themselves in order to care for others. Here are some tips to support yourself through this time.



## **Be realistic & gentle with yourself:**

With almost no training or preparation, there was a need to move all teaching online. Give yourself permission for trial and error, especially when using new platforms. Be patient while adjusting to this “new normal”.



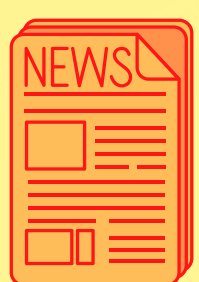
## **Practice awareness:**

Uncertainty about the future can cause worry and anxiety. One way to gain perspective is to recognize what is within your control and what isn't. Additionally, pay attention to what triggers stress for you. Limit those situations and engage in relaxing activities to help manage your stress.



## **Set and maintain healthy boundaries:**

Managing work and household responsibilities may be challenging. It is helpful to have a schedule dividing your time between personal responsibilities and work, including fixing work timings. This may improve work-life balance.



## **Minimize newsfeeds:**

Try to reduce how much you watch, read or listen to news that makes you feel anxious or distressed. Seek the latest information at specific times of the day from trusted sources.



## **Take (more) physical & mental breaks:**

Take breaks from screens of all kinds — computers, phones, televisions, and so on. Breaks can also include stretching, moving from indoors to outdoors or opening a window.



## **Engage in relaxing activities:**

Make time for activities like, deep-breathing, yoga, listening to music, taking a walk outdoors, or other relaxing activities. You may find opportunities for laughter through conversations with friends, watching funny videos or shows which will help you unwind.



## **Take care of your body:**

Taking care of your body will help you care for your mind. Get adequate amount of sleep, keep up with personal hygiene, eat healthy meals at regular times, and exercise regularly.



## **Keep in touch & ask for help:**

Social contact is important. Keep in touch with people close to you by telephone and online channels. Let others know if you're struggling to manage responsibilities and ask for support.





## Reframe your thoughts to be more helpful:

When faced with challenging new situations, distinguish the helpful aspects from the unhelpful. You may refer to the table below.

### Unhelpful

**Social distancing**  
("We're forced to stay away from people and places")

**Isolation and loneliness**  
("I'm feeling alone and disconnected from people")

**Remote work+homeschooling children**  
("There are too many people in the house with much to do, all at the same time")

### Helpful

**Physical distancing**  
("We're keeping ourselves and others healthy and safe")

**Solidarity and solitude**  
("We're supporting a cause & creating opportunities for time alone to think & relax")

**Connected and involved**  
("Although life is busy, I am connecting more with my family & friends")



Friends, families, and colleagues can be great sources of support when you're feeling overwhelmed. Experiencing low moods or anxiety is normal, but intense or long-lasting feelings of hopelessness, sadness, or anxiety can be a matter of concern. If you would like to know how to better cope with your stress, please reach out to a mental health professional. We have collated a few resources that may help you reach out to a professional.



### Helplines

NIMHANS (The National Institute of Mental Health and Neuro-Sciences):  
#08046110007

Kiran:  
1800-599-0019

iCall: 022-25521111

Vandrevala Foundation: +  
917304599836/ +917304599837

Samaritans:  
+918422984528/ +918422984529/  
+918422984530

Sahyog, Dr. RML Hospital:  
11-237479955



### Websites

Covidav:  
[www.covidav.com](http://www.covidav.com)

Manav Foundation:  
[www.manavfoundation.org.in](http://www.manavfoundation.org.in)

Epsyclinic:  
<http://epsyclinic.com/>

Itsoktotalk:  
[itsoktotalk.in](http://itsoktotalk.in)

