



CR Mental Health Monday Weekly Digest Teacher Edition

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Self-Care Tips

Working from home Boundaries & Routines



by [Heather Ness](#) on April 13, 2020

So here we are, another week working with our students from home, embracing our new norm. We sit here focused on our students, curious about what the future holds, all while knowing life is full of uncertainties. We are sitting here, there or anywhere with the uncomfortable feeling, wondering if I should be doing more.

The answer is likely yes, you could be doing more. I'm not talking about more for your students. I'm not talking about more for those you work for. I am talking more for *YOU* and your mental health. In this week's edition of Mental Health Monday, the focus will be on Boundaries and Routines while working from home.

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THIS WEEK'S
TOP TIPS

Self-Care Tips



Working from home Self-Care TIPS

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Routines & Boundaries

- **Have a routine** and stick with it; The routine is not just for your students and work but is necessary for you and your family. Remember routines include both work and leisure times and should be throughout the day. When routines are disrupted or not in place, people start to feel uncomfortable. This uncomfortable feeling is often linked to the lack of control one may be experiencing. Without routines we often become scattered, feeling a sense of despair, frustration or even confusion. Routines do not have to be complex but it is a necessity for healthy mental resilience. Predictability of a routine and knowing what's to come reduces stress and anxiety.
- **Get yourself ready every day;** It sounds silly but seriously.... shower, brush your hair, brush your teeth, put on some deodorant and a pair of *clean* clothes before you start to work. Make this part of your daily routine just like you would if you were heading to school for work. It is so easy to roll out of bed right into work but it's not healthy. Whether you are doing a lesson plan or getting ready for a zoom meeting, having that normal morning routine prior to work will help your mind and body begin the day with a fresh start.
- **Maintain your work schedule;** Try and set time and space for you to work and only work in that location during those times. As human beings, we are creatures of habit and maintaining structure on when and where things will be done allows us the opportunity to both focus and walk away. As we all sit around our homes we may become inclined to spend that extra time working..... DON'T... It is easy to sit on your couch and think "oh let me check this email real quick", and the next thing you know an hour of work has passed by. The effects of overworking will creep up on

you and you won't even realize it until Burnout has set in. Remind yourself to turn work off, you deserve it!

- **Take Breaks and Move;** Most of us are not accustomed to sitting on our computers for hrs every day. Take time between zoom sessions or every hour to move your body. Literally, shake it out, do some stretches, toss a medicine ball, grab a snack or walk outside to gain some much-needed vitamin D. Whatever you do, MOVE. We often get lost in our work, so set a timer to remind you to take a break and MOVE.
- **Remember you're not alone;** We are a team that is working toward a new norm. Make sure you socialize with your peers, get some face time in with friends and family. Remember it is okay to not be okay and it is okay to ask for help when you need it. This is new for us all, we are accustomed to being around tons of people all day long talking, collaborating and processing every day. Remember to socialize, it is what stimulates our thought process and alters the chemicals in our brain creating neuroplasticity. Living and working from home can feel isolating so make sure you socialize not just with the students but also with your peers, friends, and family.

Next Week Self-Care TIPS

Mind and Body

by **Heather Ness** on April 20, 2020



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