



# Let's talk about Self-Care

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**Teaching is a fulfilling and meaningful journey.**

On [include.sg](https://www.include.sg), educators can find a variety of resources that will help develop inclusive classroom practices. However, it is also imperative that in the journey of caring and educating young minds, educators take time to care for self too.

**You cannot pour from an empty cup.**



## How do I use the self-care card?

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Have a quick reference of what self-care is, or perhaps share a tip or two with your colleagues, or even caregivers. Though non-exhaustive, we hope this will remind educators that your well-being matters too.



## 6 SELF-CARE TIPS



### Social Media Detox

Take a break from using your technological gadgets! Try to unplug 1-2 hours a day or before going to bed so that it does not affect your sleep cycle.



### Connecting With Loved Ones

Spend some quality time with the people around you.



### Journal Your Thoughts and Feelings

Penning your thoughts and feelings can be helpful in tracking and gaining control of your emotions.



Taking  
Care of  
You

### Exercise and Rest

Make sure you get enough of both to maintain your physical health and mental wellbeing.



### Engage in Activities of Your Interest

Be it sports, art, or photography, do something that you love and excites you! You can even pick up a new skill or hobby.



### Setting and Achieving Goals

Develop a self-care plan that involves a routine or a list of activities that can help you to achieve the goals you've set for yourself.