

QUINCY PUBLIC SCHOOLS STAFF SELF CARE TASK FORCE

NOW MORE THAN EVER,
 You need to prioritize taking care of yourself.
 Self-care helps maintain a state of regulation.
 A major form of regulation comes from
 connecting with others. As you create a plan for
 self-care, consider practices that provide
 opportunities for connecting.

The Staff Self Care Task Force is developing ways to support staff. This survey is a step in that direction.

[Link to Staff Self-Care Survey](#)

After completing the survey, complete this plan:

[Self-Care Plan and Schedule](#)

Self-Care Tools available to QPS Staff:

- Free confidential counseling:
[EAP informational flyer](#)
- Quincy YMCA free classes:
[Daily 10-minute workouts](#)
- Recruit a support buddy to check-in with one another
- Superintendent's Physical Fitness program:
[Fit to Teach](#)
- Free Yale course: [The Science of Well Being](#)
- Stop by to see a School Nurse during regular school hours to get your blood pressure taken
- Create a self-care challenge for your co-workers (e.g., self-care Bingo, 7 Day Mental Health Challenge)

Informational Resources

[What is Authentic self-care?](#) – STARR

Commonwealth video

[What is stress?](#) – Midwest PBIS recording

[What is self-care?](#) – Midwest PBIS recording

[Putting an Emphasis on Educator Self Care](#) – article from Committee for Children

WHAT IS SELF-CARE?

Providing adequate attention to one's own physical and psychological wellness (Beauchamp & Childress, 2001)

Self-Care

IS NOT.....

- Selfish
- A once a week thing
- Spontaneous
- The same for everyone
- Something that others need and you don't

IS.....

- Responsible
- Creating healthy habits that re-charge
- Scheduled
- About what works for you....multiple domains to consider.
- **We all need it!!**

