

A small illustration of a person with dark hair, wearing a teal shirt and dark pants, sitting on a ledge. They are looking towards the right with a slight smile. There are some motion lines around them.

*Dear Teachers*



**YOU ARE...  
MISSED.  
LOVED.**

**APPRECIATED!**

LET'S TALK

# SELF CARE



# Self Care Tips...

1

Do Something For Yourself Everyday



Get Outside As Much As You Can

2

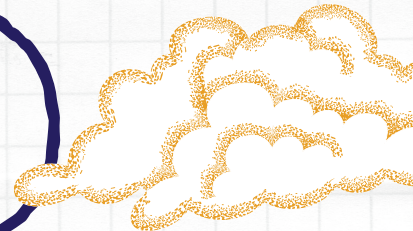
Take Technology Breaks



3

Keep Your Boundaries

4



5

Ask For Help



# MENTAL HEALTH RESOURCES FOR TEACHERS

## PRACTICE GRATITUDE

Studies show that writing down 3 things that you are grateful for every day can actually change your brain. We would love to gift you a gratitude journal! Please fill out [this google form](#) if interested.



## EXPLORE VIRTUAL ACTIVITIES

Free fitness classes, groups, meditations, art, and more! Find something for you, as well as local offerings, [here](#).



## CELEBRATE AND USE YOUR STRENGTHS

A great way to start is through [this document](#) from Sources of Strength. It includes self care checklists, daily check ins for you and your students, and more.



## ACCESS LOCAL RESOURCES

Health District Connections is currently offering free services to COVID-19 related stress. Check out all behavioral health services and their operations [here](#).



## PRACTICE MINDFULNESS

Check out [this free mindfulness app](#) to help teachers and students reduce their anxiety in the classroom. Remember, mindfulness can be little, one minute practices-- it all counts!



## YOU ARE NOT ALONE

It's okay to admit that this is really hard. Sometimes that can feel isolating. Check out this article, [Navigating Coronavirus as an Educator with Anxiety](#).





# **YOU DESERVE A GOLD STAR!**

**TODAY AND  
EVERYDAY**



**FOR STARTING A NEW  
DAY**

**FOR WORKING INCREDIBLY HARD**



**FOR GIVING AND RECIEVING  
SUPPORT**

**FOR CREATING TIME FOR  
YOURSELF**



**FOR LEARNING TOGETHER  
AS WE GO**



**YOU ARE  
INSPIRING  
TO US ALL**



**COLORADO CRISIS**

**SERVICES**

**24/7 CRISIS HOTLINE:**

**CALL 1-844-493-8255**

**TEXT "TALK" TO 38255**

THE ALLIANCE FOR  
SUICIDE PREVENTION  
PROVIDES FREE  
PREVENTION TRAININGS  
FOR YOUTH AND  
ADULTS.

REACH OUT TO US AT  
[INFO@SUICIDEPREVENT.  
ORG](mailto:INFO@SUICIDEPREVENT.ORG) TO FIND OUT MORE  
INFORMATION

*Thank  
you*

**CREATED BY THE ALLIANCE FOR SUICIDE  
PREVENTION OF LARIMER COUNTY**