
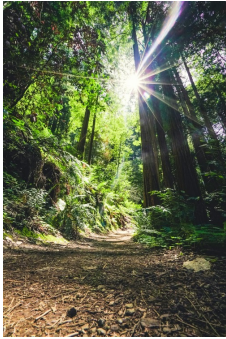


# Resources for Self-Care


Most of us work hard to instill the importance of self-care into students here on campus. But how do we engage in self-care practices? This one-pager provides a few self-care ideas to consider.




**Commit to and create a self-care plan.** Deciding that you value self-care is important for you – and your students. The University of Buffalo’s School of Social Work designed an entire webpage dedicated to create a self-care plan. The page includes assessments and worksheets that can guide your thinking around self-care practices. Click on the QR code to the right to visit the webpage.



**Build in movement.** Give yourself a few minutes each hour to walk around your building or take a quick walk around campus. Invite a colleague or student to go on a walk with you. Walking meetings and office hours are also a possibility when the weather is nice. The Bowers Center also has cardiovascular machines, weights, and group fitness classes.



**Prioritize what you can do.** Analyze what you can do in a certain amount of time, and set realistic goals. You may have to pull away from or decline opportunities. As you plan your semester, think about when assignments are coming in to see how this looks across multiple classes. Consider whether the types of assignments make the most sense in relation to your class size, service commitments, and out-of-work priorities. Decide whether this semester is the best semester to serve on a particular committee. Plan carefully your conference and scholarship calendar.



**Share your boundaries with students.** When we share our boundaries with students, it helps them normalize self-care as a part of a working adult’s life. Help them realize that people are more than their particular position and that it is okay to have hobbies and interests outside of the workplace.

**Seek out campus resources.** Check out upcoming events from the Employee Wellness Team [EWT]. Click the QR code to the right to visit EWT’s webpage. There is also an Employee Assistance Program offered through Human Resources.



**Sign up for a coaching session with the Studio.** We offer confidential coaching sessions designed to help you think about your teaching through a self-care lens (and about a host of other teaching topics) and can connect you with on-campus resources.

Thank you to Unsplash for the photos.