

#1 SELF-CARE SKILLS FOR TEACHERS

protocol noun

A set of rules / steps to follow to achieve a particular outcome efficiently & correctly.

"It is one thing going to the shops every ten days or so and then to come home and shower and wash your clothes. Now it is every single day!"

As if there are not enough things to pay attention to during the re-opening of schools after the Covid19 lockdown, seemingly small things like these add to teachers' stress load. You are already having to make more decisions than usual during your day. With each decision you make, your brain has to work harder and use more energy, especially in a stressful situation.

By the time you come home you are exhausted. One way to conserve brain power and relieve stress is to develop a routine or protocol for when you come home. Just like the ones introduced at your school is designed to make things run smoothly, making a Covid19 home-coming protocol a habit will make the transition into your 'safe space' easier and help you relax and let go of the day's stresses sooner. Instead of trying to remember your protocol, write it down, step by step, and stick it on the door where you enter.

It will only take a few days of following the routine and it will become a habit controlled by your subconscious mind, just like driving and dropping your car keys in the basket.

Take care

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Teacher's Care
COVID19

SELF-CARE SUPPORT FOR TEACHERS