

Self-Care for Educators During a Pandemic



This is a tough time for educators and individuals alike. You've been asked to transform how you live, how you teach, and everything you do in a moment's notice. As you do this, make sure that you're taking time to take inventory of what you need, how you feel, and where you're at throughout the process. Enclosed are some great resources on how to teach, live and care for yourself during this time.

[Teaching Through a Pandemic](#)

Learning How to Cope

Understanding how you cope can be key. Here are some great resources for understanding how to cope during this time. They can also assist in creating a self-care plan, or in utilizing various coping or self-care strategies are you create your new normal.

[Guidelines for Coping](#)
[Supporting Emotional Wellbeing](#)
[Managing Stress and Anxiety](#)
[Self-Care for Educators Working Virtually](#)

How do We Talk to Students?

As we start thinking about setting up our virtual classrooms, it's important that we think about how we talk about being at home, COVID-19, and other things that might be upsetting to our students. It's tough to navigate these tough times, especially when we can't do them face-to-face. Here are some great resources to consider as you start thinking about it.

[Supporting Student's Emotional Well-being](#)



Need Additional Support?

Check out the JCPS SEL site for additional resources.

[JCPS SEL](#)