

# Self Care & Mindfulness

## FOR EDUCATORS



We must work to establish healthy habits and routines that allow us to bring our very best selves to those we serve.

**Presenter will use research-based framework for self care to help you**

- Develop personalized self-care plans
- Improve and maintain your mental health and wellness
- Learn tools to use in the moment and to use after school to destress or de-escalate anxiety

**To Schedule Contact: [Shan.Guillory@stctr.org](mailto:Shan.Guillory@stctr.org)  
409-926-4416**

