



Self-Care... it is all about you!

District Student Services

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Frustrated, overwhelmed, tired and you hear about this thing called self-care and yet how will you fit one more thing into your day? Well, self-care is quite simple and is often neglected in our daily lives. We tend to put others needs before our own without focusing on our own physical, emotional, and mental health. Self-care is important to maintaining a healthy relationship with yourself. It means doing things to take care of your mind, body, and soul by engaging in activities that promote well-being and reduce stress. Practicing self-care enhances your ability to live fully, vibrantly, and effectively. Self-care looks different for each of us and is not selfish. Be kind to yourself as you would be to others; you cannot pour from an empty cup. (activeminds, 2021)

Self-Care Time Outs

- Exercise
- Get a massage
- Go for a walk
- Listen to [uplifting music](#)
- Be [creative](#)
- [Meditate](#)
- Practice [mindfulness](#)
- Play a game with your family
- Practice [deep breathing](#)
- Read
- Take a long hot bath/shower
- Take [naps](#)
- Watch an [uplifting movie](#)
- Desk Yoga
 - [Adults & Students](#)

Self-Care Distractions

- Call a friend and do not talk about what is stressing you
- [5 Senses](#)
 - Describe things you see, hear, feel, smell, taste
- Do a puzzle
- Do something [kind](#) for someone else
- Focus on a [single task](#)
- Hold Ice
- Get a drink of cold water
- Try something new
- Watch something funny ([dog](#), [goat](#))
- Watch positive affirmations
 - [Adults & Students](#)



[HeadSpace Meditation](#)
Videos for Educators and Students



[Yoga at your Desk](#)

The Importance of Sleep

brought to you in partnership with: **Kelly Niblett**
District Wellness Committee Chair



Children and adolescents who do not get enough sleep have a higher risk of obesity, diabetes, injuries, poor mental health, and problems with attention and behavior. The Center for Disease Control (CDC) analyzed data from the 2015 national and state Youth Risk Behavior Surveys where students were asked how much sleep they received on school nights. Students of all age ranges reported sleeping less than the recommended amount.

A direct way sleep and school performance are connected is through effects on mental function. Some known problems associated with lack of sleep include:

- [Decreased attention](#)
- [Impaired memory](#)
- [Slowed](#) processing
- [Worsened sequential thinking](#)
- [Reduced creativity](#)
- Excessive daytime [sleepiness](#)
- Poor [decision-making](#)

Age	In a 24-hour period
6 - 12	9 - 12 hours
13 - 18	8 - 10 hours
18+	7+ hours

- Irritability, mood, and [mental health changes](#)
 - Hyperactivity
 - [Aggression](#)
 - [Depression and anxiety](#)
 - Decrease in [academic performance](#)
 - Poor school [attendance](#)
- (The American Academy of Sleep Medicine, 2021)
(The Sleep Foundation, 2021)

Tips for Better Sleep

- Stick to a consistent sleep schedule during the school week and weekends. This means going to bed at the same time each night and getting up at the same time each morning.
- Limiting light exposure and technology use in the evenings. Parents can limit when their child may use electronic devices and where the device is left at night while charging.
- Ensure your sleeping area is quiet, dark, relaxing and at a comfortable temperature.
- Avoid large meals and caffeine before bedtime.
- Get some exercise during the day can help you fall asleep more easily at night. (CDC, 2021)



[2-minute Meditation](#)
Mindfulness and re-centering



[Encouragement](#)
When you need encouragement



[Fall asleep under 3-min.](#)
Body Mind Restoration

Resources

Title	Description	Level	Educator	Family
Coping with Stress	CDC's Managing Stress and Anxiety	9+	X	X
Self-Care Presentation	Substance Abuse AND Mental Health Services Administration		X	
Community Connections	Each Mind Matters	All	X	X
Why Are Teenagers So Sleep-Deprived?	A perfect storm of biology, technology, and homework	All	X	X
Sleep in Middle and High School Students	Children and adolescents who do not get enough sleep have a higher risk for many health and behavioral problems.	All	X	X
11 Self-Care Tips for Teens and Young Adults	Gen Z and Millennials are more stressed than ever and need sound ways of coping.	All	X	X

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