

# Self-care for Teachers



## *Teacher Self-care Questions to Consider*

**How am I feeling?** \_\_\_\_\_

**What do I need?** (a.k.a., What part of the mental health self-care wheel is needing attention?)

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**What can I do to help myself?**

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**Who can I reach out to for support?**

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*For more information and resources for this academic year, contact us:*

**SaintLouisCounseling.org/Teachers | 314.544.3800**