
Alliance For Children Newsletter

July 2020

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”..... Leo Buscaglia



Self-Care for Child Care Professionals by [Amanda Munday](#)

Happy, successful childcare professionals practice self-care. This means taking time for yourself and reenergizing your mind, body, and emotional health. We recommend you try the following ideas:

- **Know Your Stressors**

Try to recognize the situations that cause you the most stress, as well as your body’s unique stress signals such as feelings of anxiety or headaches. Knowing which things stress you out most and being able to identify when stress is coming on will help you be better prepared to cope.

- **Take Plenty of Breaks**

Even short breaks can reenergize you. Take frequent 5-minute breaks throughout the day if possible, staying hydrated, eating healthy snacks and giving your mind a rest. Schedule “Me Time”

Planning time to do the things you love is essential to revitalize your spirit. Set out a block of time on a weekly basis to enjoy your hobbies, relax and read a book, work on a personal project or simply do nothing at all. The key is to break your routine and do something just for you.

If you’ve had a particularly rough day, look to something positive to pick you up. Keep a book of inspirational quotes in your desk or re-read kind notes and great feedback from parents and peers.

Spending time with a good friend, family member, or even a pet can relieve stress. Your loved ones are there to support you and offer a safe place for you to express your feelings and frustrations. Remember that you are not alone!

Get Moving

Your favorite physical activity is an excellent way to practice self-care as a childcare professional. Whether you choose to run, dance, take a yoga class or just go for a walk, moving your body has many beneficial effects on both your emotional and physical well-being.

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