Keep Yourself Healthy - Create Your Plan

Self-Care Worksheet - De-Stress Your School Day

Complete the worksheet by including activities you can do for yourself before, during and after work to de-stress your school day.

• Take a walk around the block.

• Have cut up fruit ready for a quick snack.

• Take a stretch break.

• Sit down at lunch and check in with a colleague.

Before School:

_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

During School:
In Class: ______________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

During Recess: _________________________________________________________
At Lunch: ______________________________________________________________
_____________________________________________________________________
_____________________________________________________________________

After work:
_____________________________________________________________________
_____________________________________________________________________
_____________________________________________________________________