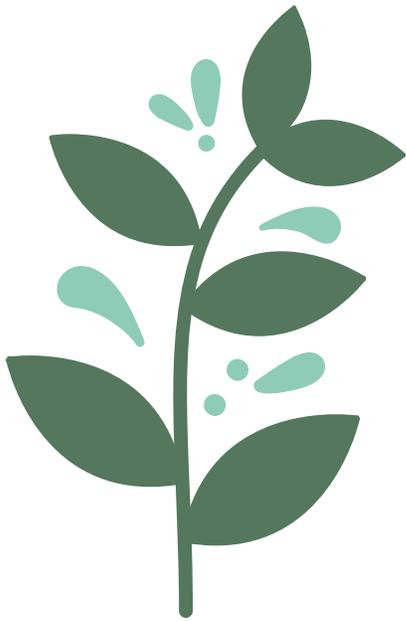


STRATEGY #9: SELF-CARE

As most teachers know, skills gaps alone don't lead to student failure--it is often the stresses of life, lack of sleep, or neglecting healthy living that can impede student success. "In her TED Talk 'Igniting a Self-Care Revolution,' therapist Lori Moffett asserts that we are better enabled to fulfill our responsibilities when our physical and psychological needs are met." 

THREE EASY THINGS YOU CAN DO:



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For more information on helping students practice self-care, go to the Pasadena City College self-care webpage: <https://pasadena.edu/campus-life/personal-counseling/self-care/successful-students.php>

1. Model self-care yourself: share with students how you make time to eat right, meditate, exercise, etc.
2. Have students practice or plan for self-care, especially with upcoming tests or big projects. Refer them to the Student Health Center and all the great resources they have, including Mindfulness Training!
3. Ask students to share with each other during small group activities how they take care of their well-being as part of their school success.