

Incorporating Self-Care in the Classroom



Self-care centric
syllabi, classroom,
and exams

Facilitating self-
care routines
among your
students

Checking in with
your own self-care
practice

Self-Care Centric Syllabi

- Consider a holistic approach to student success
- Have a clear timeline for course work and due dates
- Provide details on self-care related activities/assignments
- Provide resources to address common barriers to self-care

Self-Care Centric Classroom

- Checking in at the beginning of the semester: awareness of barriers to students being successful with developing a better self-care routine
- Checking in each class: bringing in experiences from outside the classroom
- Transparency with personal self-care awareness
- Fostering opportunities that remove the “authority figure” from the conversation

Self-Care Centric Exams

- Advanced notice and guidance for exam content
- Opportunity to share self-care strategies that have been successful during past exam prep
- Relaxation guidance immediately prior to starting exams
- Resources for managing test anxiety

Facilitating self-care routines

Guided activities

What has worked well

- Majority of students found activities enjoyable and helpful in making self-care more present in their weekly routines
- Majority found activities helpful in reducing momentary stress
- Majority appreciated the increased opportunity for connection among classmates
- Majority appreciated that the assignments did not hold a point value

Areas for improvement

- About 50% of students expressed a desire for the activities to be less frequent
- About 25% of students expressed that the activities had no impact on their stress levels or that the activities increased their stress levels
- About 50% of students expressed they would like the activities to be more interactive; i.e. more opportunities for feedback from classmates

Checking in with your own self-care routines

- Create assignments that are conducive to your comfort level and grading availability
- Have a plan to check-in with yourself during your first semester of incorporating new activities
- Consider your current self-care routine and areas for improvement; Have your needs changed this semester? What could they look like next semester?
- Draw from personal experiences to create more relatable activities in the classroom