



Teachit's wellbeing collection

Teachers' mindfulness journal

teachit

Teachit Sample

Your mindfulness journal

The benefits of self-care are well documented – and it makes complete sense. After all, how can you care for others without caring for yourself first?

But as a busy teacher with a never-ending to-do list, it can feel impossible to find time for self-care. This journal sets out to help you integrate self-care into your daily routine.

In each section, you'll find an explanation of each type of self-care. There are also daily and weekly journal pages to encourage you to form a self-care habit. These sit alongside checklist pages, goal-setting pages, and self-care tips and exercises. By using these, you'll start to develop self-care habits and practices that work for you.

There is also a section dedicated to teachers. This draws your attention to self-care as part of your teaching day. It also encourages you to reflect on and celebrate your professional achievements – and reward yourself for them.

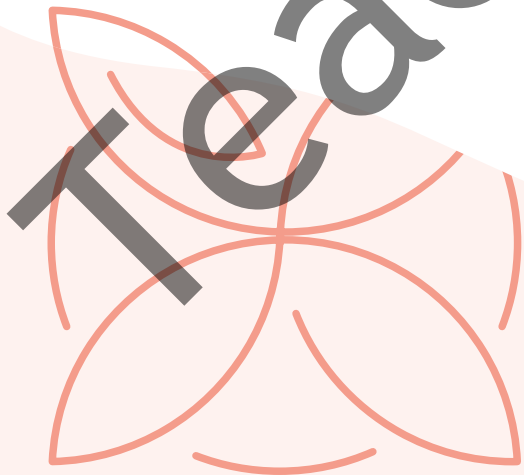


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5 types of self-care



SPIRITUAL

- Time to reflect
- Meditation
- Mindfulness
- Worship
- Going outside
- Nature
- Journaling



SOCIAL

- Support networks
- Healthy social media
- In-person contact
- Boundaries
- Communication
- Time with loved ones



EMOTIONAL

- Stress management
- Workload management
- Self-awareness
- Compassion
- Kindness
- Gratitude

PHYSICAL

- Sleep or rest
- Screen breaks
- Stretching
- Yoga
- Exercise
- Nutritious food



PROFESSIONAL


- Work boundaries
- Positive work environment
- Continued learning
- Recharge with breaks and holidays
- Understand your benefits and rights



Self-care inventory

The following self-assessments will help you reflect on your current self-care practices, recognise areas for improvement and generate ideas for new self-care activities you would enjoy or want to try.


There are no right or wrong answers. There may be some activities you have no interest in trying or others that haven't been included. This list is intended to be a starting point for thinking about your self-care needs.

- 1 **POOR** I'm bad at this / I do this rarely or not at all.
- 2 **SATISFACTORY** I'm OK at this / I do it sometimes or on and off.
- 3 **GOOD** I'm good at this / I do this often.
-  I want to get better at this / I want to do this more often.

1	2	3	★	PHYSICAL SELF-CARE 
				Exercise.
				Live in a safe/secure environment.
				Eat healthily.
				Eat regularly.
				Stay hydrated.
				Get enough sleep.
				Take time off or rest when ill.
				Schedule and attend preventative appointments (dentist, health check-ups).
				Take care of personal hygiene.
				OVERALL PHYSICAL HEALTH SELF-CARE RATING

Self-care inventory

1	2	3	★	EMOTIONAL SELF-CARE	
				Take part in hobbies.	
				Learn new things (unrelated to responsibilities).	
				Take time out / away from obligations and responsibilities, e.g. work.	
				Switch off from distractions, e.g. phone.	
				Take holidays, weekend breaks or staycations.	
				Express feelings in a positive way (talking, journaling, colouring, creativity, etc.).	
				Do something comforting (e.g. watch a favourite series, have a long bath/shower).	
				Recognise strengths & achievements and reward yourself.	
				Practise self-compassion.	
				OVERALL EMOTIONAL SELF-CARE RATING	

1	2	3	★	PROFESSIONAL SELF-CARE	
				Maintain and preserve a balance between professional and personal life.	
				Say 'no' to excessive or unfair new tasks or responsibilities.	
				Advocate for myself.	
				Continue to develop professional skills.	
				Take time to talk to and interact with colleagues.	
				Take breaks.	
				Have a workplace/area that allows me to be successful.	
				Don't work during the holidays.	
				Ask for support or supervision.	
				Plan my next career move.	
				OVERALL PROFESSIONAL SELF-CARE RATING	

Self-care inventory

1	2	3	★	SOCIAL SELF - CARE
				Spend time with friends (or connect with them if far away).
				Spend time with family (or connect with them if far away).
				Meet or connect with new people.
				Spend quality time with a romantic partner.
				Ask for help if needed.
				Keep in touch with old friends or family.
				Do fun activities with others.
				OVERALL SOCIAL SELF-CARE RATING

1	2	3	★	SPIRITUAL SELF - CARE
				Volunteer or take part in a cause that interests me.
				Worship.
				Meditate.
				Acknowledge the things that are important to me in life.
				Live in alignment with my values and morals.
				Pause and reflect.
				Connect with or create music or art.
				Spend time in nature.
				OVERALL SPIRITUAL SELF-CARE RATING

Overall, the area of self-care I'm strongest in is

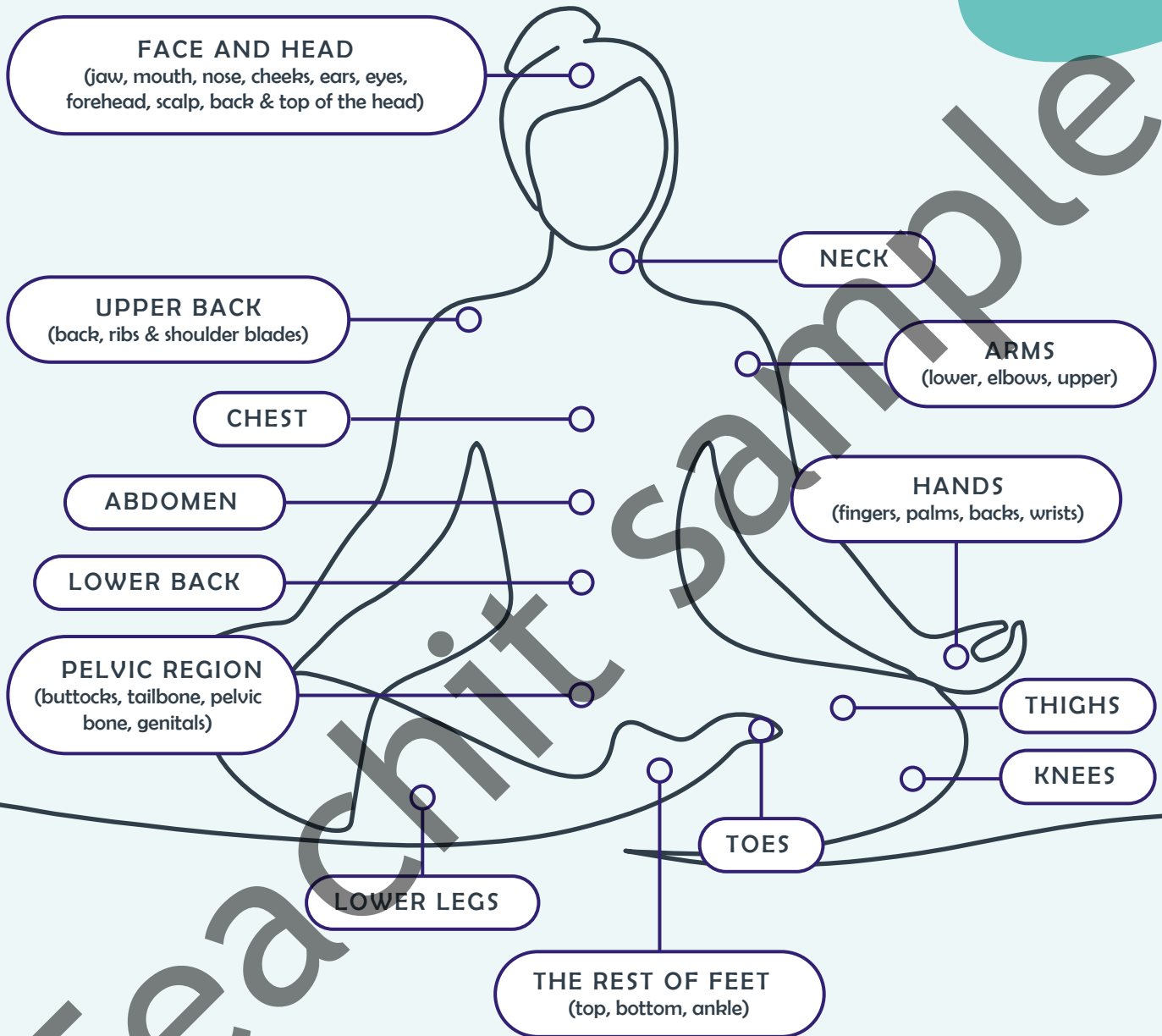
Overall, the area of self-care I most want to work on / improve is

To do this, I'm going to start by

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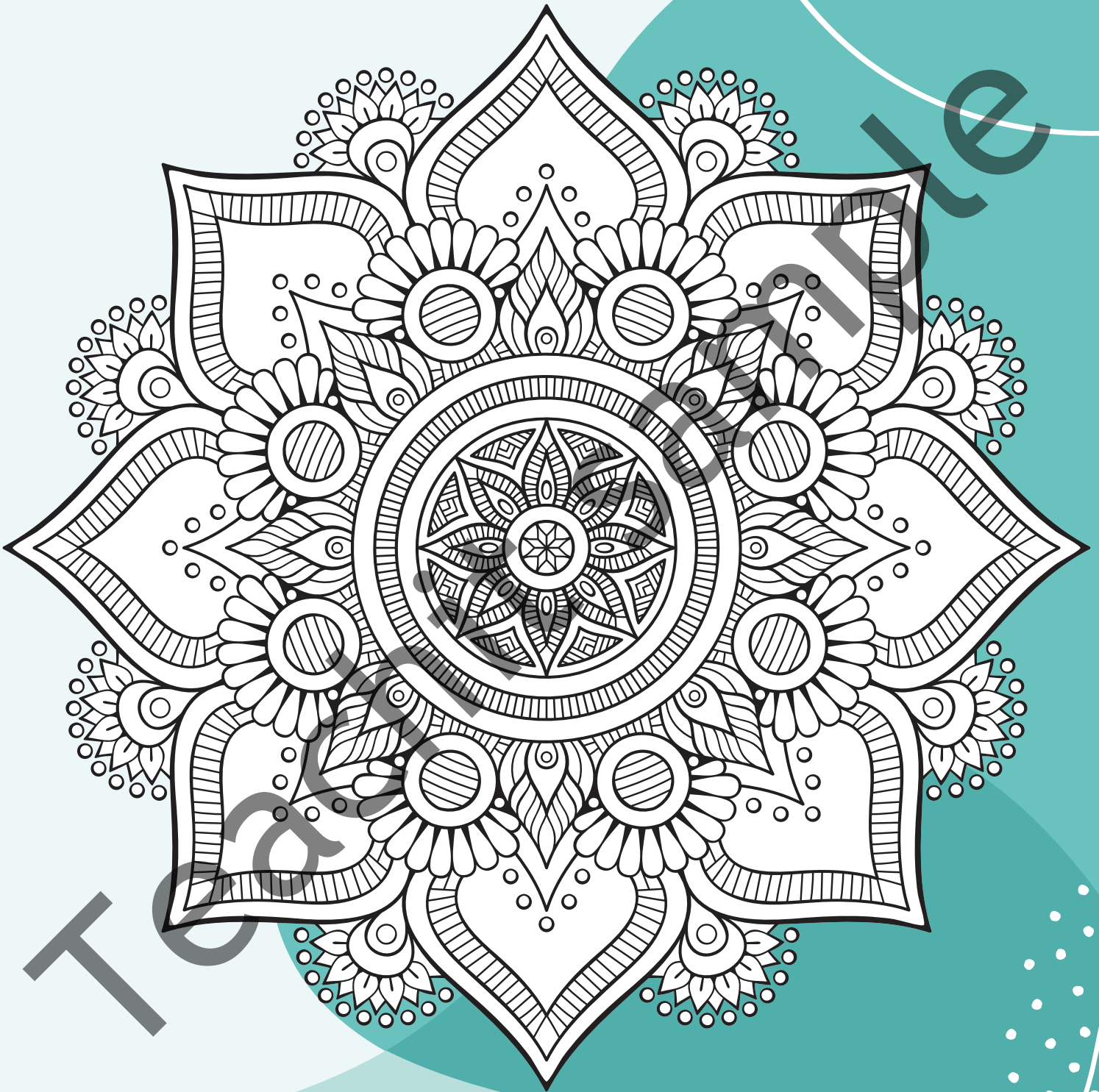
Body scan chart

On completion of your mindful body scan, use the chart below to note down anything you noticed during the scan. Were there any areas of tension? Were you able to stay present for the whole body scan or did your mind wander?



NOTES

Mindfulness colouring mandala 1



Weekly reflection journal pages

This weekly reflection page can be used to reflect on all aspects of self-care, not just mindful practice.

WEEK NUMBER DATE

<p style="text-align: center; background-color: #dc3545; color: white; padding: 5px; border-radius: 5px;">ACTIVITY COMPLETED</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p style="text-align: center;">HOW I FELT BEFOREHAND</p> <p>Physically 1 2 3 4 5 6 7 8 9 10</p> <p>Mentally 1 2 3 4 5 6 7 8 9 10</p> <p style="text-align: center;">HOW I FELT AFTERWARDS</p> <p>Physically 1 2 3 4 5 6 7 8 9 10</p> <p>Mentally 1 2 3 4 5 6 7 8 9 10</p>
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THINGS I HAVE LEARNED & WILL TAKE FORWARD FROM THESE ACTIVITIES

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Wellbeing achievements in my teaching

Teachers are excellent at rewarding and recognising the achievements of those around them, but how good are you at rewarding yourself?

Each time you achieve one of the points on the list below, tick it off. Make sure you recognise it as an achievement. Consider giving yourself a reward for anything you're particularly proud of. Add your own points at the end.

1. Completed my marking/planning/reports.
2. Kept the plates spinning during a particularly difficult and busy week.
3. Achieved my own personal goals for a week/month, etc., not just my teaching-specific goals.
4. Created time to pursue a hobby or socialise with friends during a busy week.
5. Took note of and accepted a compliment or positive comment made by a colleague.
6. Tackled the job on my to-do list that I least wanted to do.
7. Managed a particularly difficult conversation with a student/colleague/parent well.
8. Learned from a disastrous lesson or conversation (*and maybe even found some positives in it*).
9. Practised diplomacy or kindness with a difficult student/colleague.
10. Managed to leave my tiredness/stress/frustration at work and not take it home.
11. Found joy/satisfaction in an aspect of my work that had become mundane.
12.
13.
14.
15.

Monthly mood tracker

Keep track of your mood for the month using this mood tracker.
Create your own mood colour code or pattern for each day or month.

am
pm

MONTH:

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

HAPPY

EXCITED

CELEBRATORY

ENERGETIC

PRODUCTIVE

RELAXED

CALM

ILL

STRESSED

ANXIOUS

NERVOUS

GRUMPY

ANGRY

DEPRESSED

BORED

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