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SELF CARE TIPS FOR JEWISH EDUCATORS

1

FIND YOUR SHABBAT

Whether or not you observe the ritual of Shabbat in your own life, find a time of the week to designate as holy. Disconnect (and reconnect), unwind, and mark the time in a way that centers you.

2

CREATE A MINYAN

Figure out who your tribe is - your mentors, collaborators, and the members of your personal 'board of directors' who you can count on for support and feedback.

3

FIND A HEVRUTA

Make sure you have a partner who you can workshop problems with, explore new avenues, and rely on as both a teacher and a friend.

4

OPEN YOUR TENT

Look beyond the reaches of the bubble of work and home, and find an outlet completely separate from these areas. Crafting? Zumba? The sky's the limit!

5

BUILD YOUR OWN SEDER

Create an order to your day, prioritizing your needs and self-care. What do you need to do every day in order to be your best self?

6

BE THE STUDENT

Don't neglect your own learning. We spend so much time doing and creating for others - be sure to take time for your own learning + exploration.

7

FOLLOW SARAH'S EXAMPLE

Be sure to find something to laugh about every day.

8

CREATE YOUR OWN 10 COMMANDMENTS

Figure out your guiding principles, and your deal-breakers, and stick to them!

9

WANDER IN THE DESERT

Embrace the journey. Take new trails, overcome roadblocks, and find the path that most speaks to you.

10

SHAMOR V'ZAKHOR

Embrace mindfulness, whatever that means for you. Guard and remember your own self-care.

FOR MORE INFORMATION AND TIPS, VISIT
WWW.SAMANTHAVINOKORMEINRATH.COM