

September 8, 2021

Self Care

Welcome back to a new school year that we hope will be filled with countless opportunities to enjoy the wonder of learning and growing together! While the focus everywhere is on children returning to school, schedules and school supplies, we want to remind **you** of how important you are too!

Some of you may notice that the attached resource is titled Self-Care for Teachers, but this is truly self-care for CAREGIVERS. This includes everyone at SUMMIT, because we are all committed to building foundations to achieve positive outcomes for the families and children we serve. In order to care for and be present for others, we really need to care for ourselves first.

We hope you see this as more than a resource and not only helpful for a moment, but rather tangible strategies and knowledge that you find yourself referring back to when facing difficult or challenging times as a caregiver, teacher, SUMMIT staff, role model, etc.

[Self-Care for Teachers \(usf.edu\)](https://www.usf.edu)

Take care,
PBIS Leadership Team