

# 6 WAYS Educators CAN Support Each Other

## Check In On Each Other

Asking how someone is doing shows you care and may give someone the opportunity to open up and share.

## Remind Each Other to Practice Self-Care

We all get busy, but it is important to take time for yourself to feel healthy. Ask a co-worker what they do to practice self-care.

## Have a Laugh Together

Humor helps bring positivity to the workplace and helps us release endorphins, so tell jokes and share joyful stories.

## Say "Thanks"

It is always nice to know you are appreciated. Make time to let others know how much you appreciate them and their work.

## Watch for Nonverbal Cues

Some people don't feel comfortable verbalizing their feelings. If you notice someone seems down, reach out and ask if they are okay.

## Make Time for Each Other

Schedule regular time to check in with each other, create a sense of community, and problem-solve together.

Activities like exercising, eating healthy, or talking to a trusted friend or family member can decrease stress. If you've tried healthy coping strategies and still feel overwhelmed, ask for help. Use one of these QR codes. If you or someone you know is struggling or in crisis, help is available. Call or text 988 or chat [988lifeline.org](https://988lifeline.org).



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