REMOTE SELF-CARE:
FINDING BALANCE

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Remote Self-Care: Finding Balance

3 Pillars to Self-Care

1. Breathe
2. Move
3. Connect
Remote Self-Care: Finding Balance

Pillar One: Breath Work

just breathe.
Remote Self-Care: Finding Balance

Pillar Three: Connect with Others
Remote Self-Care: Finding Balance

www.headspace.com

www.onwardthebook.com

Dr. Lori: www.edutopia.org

www.zoom.us

www.doyogawithme.com
What are you already doing for self-care in your home?

- Share your ideas with us
  - Email me: curryip@myips.org