





METRO  
NASHVILLE  
PUBLIC  
SCHOOLS



## EIR K Action Plan

Teacher's Self-Care Routine  
Cohort \_\_\_ - \_\_\_ -S \_\_\_ -AP \_\_\_

Implementation	<ol style="list-style-type: none"> <li>1. Begin implementing self-care routine by completing one of the components listed above within the next 7 days.</li> <li>2. Share and/or celebrate your implementation with at least one person within 24-48 hours of completing the activity             <ol style="list-style-type: none"> <li>a. Tell a co-worker, family member or friend.</li> <li>b. Treat yourself (e.g., having a treat., watching a favorite show, giving yourself a pat on the back.</li> </ol> </li> </ol>		
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