

Taking Care of Yourself While Supporting Others

Teachers & Staff Guide

Practical ways to care for yourself while supporting students and your community after a loss.

A Note Before You Begin

- Supporting students and a community through loss can be meaningful, but emotionally heavy.
- Taking care of yourself is part of supporting others.

What You Can Do Right Now

- Pause and reset during the day.
- Connect with a trusted colleague.
- Focus on one task at a time.
- Give yourself permission not to have all the answers.

What You May Be Experiencing

- Emotional fatigue or feeling drained.
- Difficulty concentrating.
- Feeling responsible for helping others feel okay.
- Moments of sadness, stress, or overwhelm.

Setting Healthy Boundaries

- You are not expected to provide counseling.
- Refer students when additional support is needed.
- Share responsibility with counselors and colleagues.
- Take breaks without guilt.

Stay Connected

- Check in with colleagues.
- Talk through difficult moments with trusted staff.
- Avoid carrying everything on your own.

Create Small Moments of Reset

- Take a short walk.
- Take slow breaths between classes.
- Step away briefly after difficult conversations.

When You May Need Additional Support

- Ongoing emotional exhaustion.
- Difficulty separating work from personal time.
- Persistent stress or distress.
- Use employee assistance resources or seek professional support.

Important Reminders

- You can care for others and still need care yourself.
- You do not have to carry everything alone.
- Taking care of yourself strengthens your ability to support others.

Where to Find Support

- Employee assistance programs.
- School or campus wellness resources.
- Local mental health professionals.
- 988 Suicide & Crisis Lifeline.

Caring for yourself is not a step away from supporting others. It is part of sustaining that support.