

MENTAL HEALTH CONSULTATION

February 2026

Self Care for Educators

As the new year begins, prioritizing self-care is essential for educators to prevent burnout and sustain joy in teaching. This can include setting firm work-life boundaries, prioritizing sleep, nourishing your body with healthy food, and incorporating regular movement. Simple mindfulness practices, such as deep breathing, can help manage daily stress, while making time for hobbies like reading, listening to music, or spending time outdoors supports overall well-being. Staying connected with supportive colleagues and loved ones, practicing gratitude, and taking mental health days when needed are also important ways to stay refreshed. Creating consistent routines for smoother mornings and incorporating digital detoxes can further help educators recharge and maintain a balanced, sustainable year ahead.



LET US HELP IN 2026

Trainings We Offer:

Challenging Behaviors
Self Regulation
Social-Emotional Development
Learning
Friendship Skills
Emotions
Resiliency
Self-Care/Stress Management
Mindfulness
Death & Grief
FLIP IT!
Milestones
Transitions
The Growing Brain

This list is not all inclusive. We can always discuss trainings based on needs of Childcare Center.



PLEASE SCAN OUR QR CODE TO BE CONTACTED BY A CONSULTANT IN YOUR AREA. WE SERVE THE WHOLE STATE OF ALABAMA! CHECK OUT OUR MAP TO SEE WHO IS IN YOUR CATCHMENT AREA.



First 5 Alabama[®]
Alabama Association for Infant and
Early Childhood Mental Health