



21
Day
CHALLENGE

**SELF CARE
FOR
EDUCATORS**

We invite you to participate in the 21 Day Challenge: Self Care for Educators. This challenge is designed to engage, support, and build community among educators. As a member of the higher education community, you are on the frontlines of engaging with students. Topics such as bias, racism, and privilege can feel heavy to understand and accept. We can release our emotions connected to these inequities once we accept that they exist.

Participants of this challenge can expect:

01



Daily Content:

Resources and activities that provide an opportunity to **LEARN, ACT, & REFLECT** on each day's subject matter.

02

Weekly Themes:

Week 1: Self Care for Educators

Week 2: Understanding Bias

Week 3: Wellness for Educators



03

Course Objectives:

- Reflect on personal experiences and how they affect views of their students
- Assess interactions with students and be able to identify personal biases
- Acquire self-regulation strategies to use when feeling emotionally charged