

# Book Study

## Take Time for You: Self-Care Action Plans for Educators

by Tina H. Boogren

This book includes questions embedded in each chapter. Below is a list of testimonials of how this book study helped educational professionals who have read the book, as well as ideas on how educators may want to use the book study.

### Positive Comments Related to the Book

*“Take Time for You: Self-Care Action Plans for Educators” helps you remember that taking care of yourself leads to being better at taking care of others. Boogren’s process of asking questions and suggesting possible strategies make this book an enjoyable, positive journey. Personally, I am sleeping more hours a day, eating healthy foods more consistently, and letting people know they are appreciated.*

– WS

*“Take Time for You: Self-Care Action Plans for Educators” offers a simple approach to beginning to think about and enhance your self-care. It provides you with suggestions, reminders, strategies, and permission to take action to best support you! I appreciated the thought-provoking questions and simple tools offered to support me in developing my self-care action plan. And, I truly appreciated the fact that it was ok- actually encouraged - to focus on just one thing at a time.*

– JB

*I truly appreciated reading “Take Time for You: Self-Care Action Plans for Educators.” This book helped me develop my plan to take better care of myself. It allowed me to see the importance of making sure my basic needs are met first. Simply by drinking more water, taking a 5-10 minute walk daily, and allowing myself time to reflect on the positive events that happen on a daily basis are some of the new changes I have made to my lifestyle. One of the activities in the book was a time audit sheet to record your daily activities and how much time you spend on those. This helped me to recognize there were some things I did on a daily basis that interfered with my opportunity to focus on self-care. I am thankful to have walked away from reading the book with a doable action plan that is working for ME!*

– JS

*“Take Time for You: Self-Care Action Plans for Educators” is a simple read that encourages educational professionals to take time and think about their physical and emotional needs, remembering it is not selfish to put ourselves before others. It truly allowed me to stop feeling guilty about practicing self-care, as it taught me that taking care of myself helps me be more productive when helping others.*

– ABC

## Suggestions for Using the Book:

- Read and review with a colleague.
- Find a group of colleagues who will commit to reading a chapter a month. Meet to discuss the topic using the author’s “Reflection Questions for Accountability Partners and Groups” at the end of each chapter.
- Take advantage of the questions, tools, and frameworks offered in the book to develop your self-care action plan.
- Make a visual of the ladder- Maslow’s hierarchy- and post it in your classroom as a reminder of the importance of the steps needed to take the best care of yourself. As you read each chapter, highlight the step on the ladder to know you are addressing that need. Share your go-to strategies for each chapter with a colleague.
- Use activities from the book to start off staff meetings or professional development days. Taking 5-10 minutes to participate in enjoyable and fun-filled activities can start meetings and professional development off with smiles on participants’ faces.
- Find an accountability partner to help you keep your self-care goals. Send texts, emails, chats, etc. every few days to encourage each other to focus on specific self-care goals.