

RADICAL SELF-CARE

staying safe and strong in hard times

Your teachers, social workers and
all MTCS staff are here for you.

REACH OUT.



YOUR TIME

Allow yourself time to reflect and digest your emotional responses. We have to let our feelings be, before we can let them go.



TRY JOY

Relish in Mindful Moments. Find the little things that you can ground yourself in and find joy in. Allow yourself to feel joy.



SELF-LOVE

Treat yourself with loving kindness- Recognize that our emotional capacity ebbs and flows from day to day in the current climate.



BREATH

Your breath is your best friend, always there when you need it. Take time to breathe in and out intentionally and reset your body and mind, any time, any place.

LISTEN TO YOUR BODY

(it is smarter than our minds at times):
Do you need a quiet space alone? Company and connection? Physical activity/movement? To laugh, sing, dance or play? Offer yourself time to do these things.



SUPPORT

Ask people for what you need. Share concerns. Ask for flexibility. Know your teachers, social workers, and all MTCS staff are here to support and listen to you.



WE CARE ABOUT YOU

We are here to support you.

Email us at contact@emailmtcs.org or call