How to Advocate for ... Self-Care

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What advice would you give individuals just starting their graduate career on how to advocate for self-care?

Start early with your self-care because graduate school doesn't get any easier. Define important self-care activities and carve out time for them every week. Make them part of your routine. Mark them on your calendar and/or put them on your to-do list.

What advice would you give to individuals in the middle of their graduate career on how to advocate for self-care?

If your program doesn't have a student organization, start one. If you don't have a wellness/self-care group, start one. You will be surprised at how much good you can do.

What advice would you give to individuals toward the end of their graduate career on how to advocate for self-care?

Re-establish your self-care so you are able to sustain it while transitioning to your career. Have several self-care goals on your internship plan. These goals can include your own self-care as well as how you will engage others (teachers, staff, students) in self-care. Ask your supervisor to join you in self-care. Both personal and professional self-care are important and you deserve it.

What is the main thing you want readers to know about when advocating for self-care?

We are happier and healthier when we engage in self-care regularly. We can prevent burn-out and help others do the same. Self-care is best practice for school psychologist. When we engage in self-care we model good behaviors for our fellow educators and for students.

Final thoughts?

School psychologists are strong, dedicated, and effective professionals and we want to keep people in the profession. Self-care is a great way to help with that goal.