

## 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.