



**NVASP encourages school psychologists to practice self-care and utilize mental health resources if needed.**

The World Health Organization defines self-care as “the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.” This means taking care of oneself so that health is maintained, work and responsibilities can be performed well, and care can be provided to others we care about. It can look like setting boundaries with work, taking a hike, meeting up with friends, finding trusting childcare, going on a date night, reconnecting with friends and family members, or movie night with your children.

School Psychologists need to participate in and promote regular self-care practices for themselves, their school members, and the families they serve. This may include promoting work/life balance, offering consultation on how to identify triggers of psychological distress, assisting in crisis planning or response, and connecting clients we serve with community-based resources available for diverse populations. NVASP encourages school psychologists to tend to their physical, mental, and emotional health needs so that they can be effective service providers in their schools and the communities they serve.

Additional resources offered by NASP can be found at:

<https://www.nasponline.org/resources-and-publications/resources-and-podcasts/mental-health/self-care-for-school-psychologists>