



American Counseling Association

# School Counselor Connection

## Strategies for School Counselors Self-Care

Counselor self-care is essential to effectively and ethically meeting clients' needs, and school counselors are no exception. The strategies below were suggested by ACA Conference attendees (2019).

- Reading
- Taking a Bath (Especially a Candlelit Bath)
- Epsom Salts
- Aromatherapy
- Coming to the ACA Conference
- Exercise
- Hiking
- Running
- Yoga
- Swimming
- Taking a Walk
- Kickboxing
- #Self Help
- Family
- Boundaries
- Gardening
- Meditation
- B-R-E-A-T-H-E
- Listening to Lizzo
- Listening to Classical Music
- Singing Your Heart Out
- Karaoke
- Friends
- Quality Time with Loved Ones
- My Horse
- Kindness!
- Respect!
- Walking the Dog
- Serenity
- Painting
- Going to the Park
- Going to the Movies
- Travel
- Treating Yourself
- Acupuncture
- Wine
- Sleep
- Quiet Self-Time
- Watching My Fish
- Journaling
- Listening to Rain Sounds
- Watching TV