Broadly, self-care refers to behaviors that support our health and well-being. It’s not lazy or self-indulgent but rather a mechanism for taking care of ourselves, which then enables us to take care of others. While the practice of self-care has made its way into mainstream culture and often featured as a narrow and exclusive set of behaviors—think yoga, meditation, spa days—it’s important to recognize that self-care represents a broad range of behaviors aimed at taking care of one’s emotional, physical, spiritual, and social well-being. Self-care should be viewed as an important professional responsibility with direct impact on student outcomes. School psychologists who take time to recharge regularly are sure to be more efficient, effective, and accessible to the students, families, and school staff they serve.

**Maryland school psychologists recognize the importance of self-care, but often don't make time for it.**

While graduate training programs are increasingly emphasizing work/life balance, school psychology students often struggle to build healthy routines at the on-set of their careers.

**Most district leaders believe in the importance of self-care, but systemic barriers make prioritizing it a challenge for most school staff.**

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*[This information was collected and discussed during the SEPT 2020 Executive Board Meeting Big Topic discussion.](https://www.nasponline.org/professional-development/a-closer-look/promoting-school-psychological-service-delivery-through-active-self-care)*