

Thought Vectors and Nuggets – Vulnerability & Self-Care
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The nugget that really struck me was the last quote from patch 38 that stated, “We will love ourselves despite the ease with which we might lean towards the opposite.” I teach in the Early Childhood Education department, and many of my students struggle with self-care. Our profession is centered around taking care of the children in our care, and we will often put ourselves last. I am a strong advocate for mental health and well-being, and I promote this with my students as well. I remind my students that in order for them to be healthy for the children they are caring for, they need to put themselves first. This does not come easy for people in the childcare profession, as we are taught that the children are our number one priority. However, we cannot be there fully for the children unless we are first there for ourselves. We need to love ourselves, be kind to ourselves, and accept ourselves for all of our imperfections.

The Faculty Ptachbook. (October 31, 2019). PATCH THIRTY EIGHT – VULNERABILITY AND SELF CARE.