

Resources for your Teacher Toolbox



Week 6: 11/18-11/22

This Weeks Feature:



Teacher Wellness



If you fly with any regularity, you're likely very familiar with the flight attendant's instructions to place the oxygen mask on yourself before assisting children. The reason, of course, is that you can't do a very good job if you don't take care of yourself first. Particularly in challenging situations, this is absolutely vital. Teaching is very much like this! (McManis)

Articles About Teacher Wellness

Here is an outstanding article: **Educator Wellness: Self-Care in a Selfless Field** By Lilla Dale McManis, PhD • January 16, 2018 <https://education.cu-portland.edu/blog/lifestyle/educator-wellness/>

TEACHER WELLNESS

Don't Quit: 5 Strategies for Recovering After Your Worst Day Teaching
Use these ideas to recover your sense of self and your joy in teaching. By **Johanna Rauhala** <https://www.edutopia.org/blog/strategies-recovering-worst-day-teaching-johanna-rauhala>

15 Ways to Reduce Teacher Stress: By **Nancy Jang** <https://www.scholastic.com/teachers/blog-posts/nancy-jang/15-ways-reduce-teacher-stress/>

If You Can Relate

Follow instructions on the next page:

**You at the beginning of
the semester**

**You at the end of the
semester**



TeachingMadeEasier.com



Self-Care for Educators

Make sure to focus on yourself and your wellbeing

Self-Care for Educators



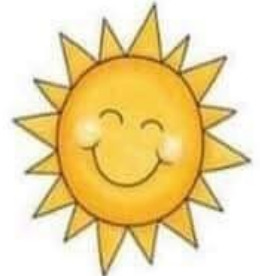
Connect with uplifting colleagues



Do physical activities you enjoy



Treat yourself when you need it



Remember to start fresh every day



Take a break when you need one



Use positive self-talk



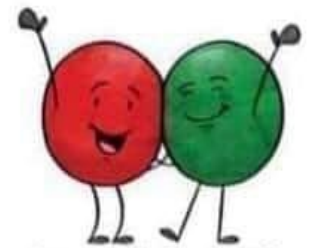
Go for a walk or spend time outside



Read a good book (just for you)



Plan an activity to look forward to



Spend time with friends and family



Leave work at school for the night or weekend



Spend less time on social media



Bring healthy snacks and meals



Be comfortable saying "no" to more obligations

thank you

for being a

GREAT



TEACHER

