

How To: **Self-Care for Teachers**

Self-care practices to enhance your ability to teach.

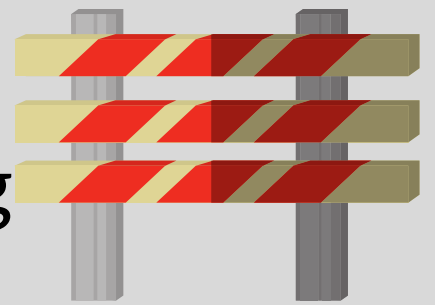


Get into the habit of daily exercise:

Exercise is a natural stress reducer, increases energy, and calms the mind.

Set boundaries:

Set work boundaries and stick to them. Limit evening and weekend working.



Get plenty of sleep:

The ultimate in self-care! Sleep will reset your body and mind.

Take regular breaks and vacations:

Relax your brain and body and come back to work rejuvenated and ready to teach.



Ask for help:

Ask for support from friends, colleagues, partners, and administrators

