Self-Care Tips For Teachers

https://aplusclassroomcreations.com/teacher-self-care/

01.

SET BOUNDARIES:

Establish clear boundaries between work and personal time. This includes turning off work emails after hours and saying no to additional responsibilities when overwhelmed. Protecting your time is crucial for maintaining energy and focus.



02.

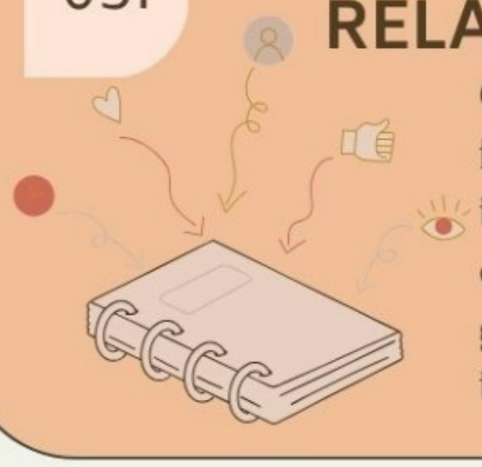


PRACTICE MINDFULNESS:

Practice Mindfulness: Incorporate mindfulness techniques such as deep breathing, meditation, or journaling into your daily routine. These practices can help you stay present and reduce stress.

03.

LIMIT WORK-RELATED THOUGHTS:



Occasionally disconnect from work-related tasks and thoughts. Allow yourself to enjoy time away from grading or lesson planning to prevent burnout.

REFLECT AND RECHARGE:

04.

Take time to reflect on your day, acknowledging both challenges and small victories. This practice can help you maintain a positive outlook and recognize your achievements.

