Self-Care Tips For Teachers

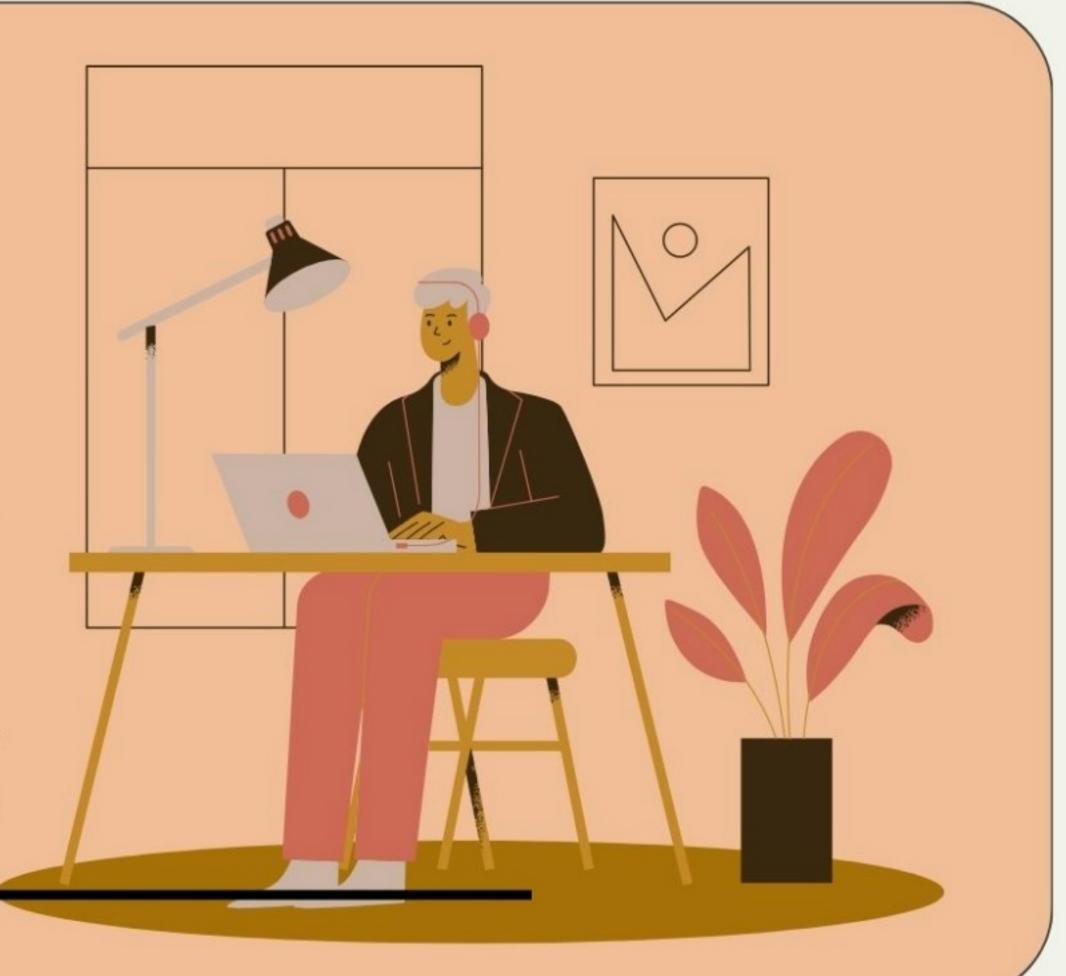


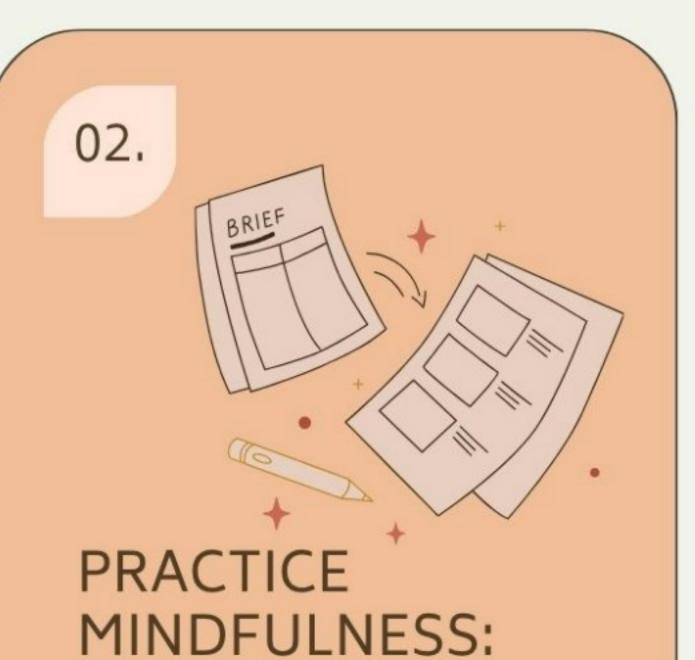
https://aplusclassroomcreations.com/teacher-self-care/

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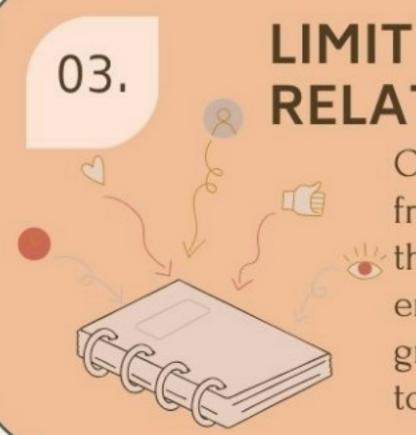
SET BOUNDARIES:

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.





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.



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:

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.



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