

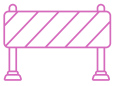
## Teacher Wellness Guide



### Micro-Mindfulness Moments

Pause for 3 deep breaths, drop your shoulders, and check in.

**Try this mantra:** “I am enough. I am making a difference.”



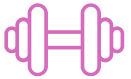
### Set Boundaries for Balance

Choose a daily “off” time and stick to it. Create a shutdown ritual to honor your time and energy.



### Build a Wellness Buddy System

Find another educator to check in with weekly to celebrate small wins or simply connect.



### Fuel Your Body, Even on the Go

- Keep a refillable water bottle nearby
- Stock protein snacks in your desk
- Stretch when you get a moment to yourself



### Reflect & Reconnect

**Prompt:** “What part of my teaching feels most meaningful right now?”



### Your Goals Matter Too

Whether you're training for something new or just need rest, your goals and well-being are worth prioritizing.

