

DAILY CHECKLIST FOR MANAGING TEACHER STRESS



- STOP + TAKE 3-5 DEEP BREATHS BEFORE EACH PERIOD/SUBJECT
- JOT DOWN 3 THINGS YOU ARE GRATEFUL FOR ABOUT YOUR CLASS, SCHOOL OR JOB
- FILL YOUR WATER BOTTLE AND DRINK (DEHYDRATION CAN INCREASE FEELINGS OF ANXIETY/STRESS)
- EAT A HEALTHY SNACK OR MEAL. DON'T UNDERESTIMATE THIS ONE!
- MOVE YOUR BODY: TAKE A WALK AROUND THE BUILDING OR OUTSIDE ON YOUR PREP OR LUNCH PERIOD
- PUT ON MUSIC WHEN YOUR STUDENTS ENTER. IT CHANGES THE ENERGY IN THE ROOM. DANCING IS ENCOURAGED!
- LOOK AT THE FACES IN YOUR CLASSROOM AND REMEMBER THEY NEED YOU.

Side Notes:

Setting a timer alert every 15 minutes to take a break with you.



Keep a journal or notebook and write down your stress levels throughout the day and at the end of each week.



Fuel your body well and your mind will have more patience + energy.



Be able to laugh and smile together!



Be a teacher to others: greater than you are and less.



Managing Teacher Stress

AW Rasmussen



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