



PUT YOUR OXYGEN MASK ON FIRST
—— Avoiding Educator Burn-Out ——



TEACH IN THE MOMENT

Ask Yourself, "What Is My Goal At This Moment? By Stepping Back, You Can Allow Yourself Time To Breathe Through The Emotions You Are Feeling.



INTENTIONAL REFRAMING

Instead Of Saying "I Have So Much To Do Today". You Can Reframe By Saying "I Get To Do Things That Will Make A Difference For My Students"



EXERCISE "NO"

No Is A Moment Of Clear Choice. Learn To Help Yourself By Making It Clear When You Have Too Much On Your Plate.



FIND SUPPORT

Reach Out To Someone That Might Understand How You Are Feeling. Research Demonstrates That Positive Social Supports Play An Important Role In Minimizing Educator Burnout.



BE THE SUPPORT

When You Help Other Educators Prevent Burnout You Begin To Prevent It For Yourself. Share Your Ideas For Dealing With Stress. Get Into The Habit Of Taking Your Own Advice.



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SPEAK UP

Avoid Holding In Your Feelings If There Is A Crucial Area That Needs To Be Addressed. Share Your Concerns With Your School Leader Or Colleague. Your Voice Matters.



PRACTICE GRATITUDE

Gratitude Pushes Your Brain To Focus On Positive Thinking, Good Feelings, And Optimistic Thoughts.



LAUGH MORE

Incorporate A Joke Of The Day, Games, Or Tongue Twisters Into Your Lessons. By Smiling And Enjoying Yourself, You'll Find That Your Outlook On Stressful Situations Will Improve.



FOCUS ON WHAT YOU CAN CONTROL

The More Time And Energy We Spend On The Things We Can't Control, The Less Time And Energy We Spend On Ways We Can Make A Difference.



WATCH YOUR HEALTH HABITS

Educators Often Miss Lunch Or Eat On The Run. Our Health Is Directly Correlated To The Way We Feel. Don't Skip Meals, Exercise Regularly And Get Enough Rest.



Thank You For All That You Do !

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