



STRENGTH • BALANCE • HARMONY



FIVE MENTAL HEALTH TIPS FOR TEACHERS

Teachers do much more than teach. Often with sparse resources, they enrich the lives of their students by serving as surrogate parents, mentors, support for families and more. From preparing lesson plans, to managing classroom behavior, navigating parent concerns and dealing with administrative barriers, finding a healthy work-life balance remains a constant challenge for those called to teach. Here are five ways teachers can think Chickasaw to keep their mental wellness in check.

1. SET BOUNDARIES. When the bell rings at the end of the day, turn off your teacher mindset so you can focus on your own needs. Have dedicated time to prepare for teaching and time when you are not engaged with work. Make sure students and their parents/caregivers know the best time to contact you.

THINK IT OVER: *What boundaries have you set for your students and parents?*

2. EXERCISE. Moving your body improves your mental wellness. Physical activity is proven to be powerful to fight stress and anxiety. Get moving during breaks throughout the day, such as taking a walk outside or stretching at your desk.

GOOD IDEAS: *Exercise comes in many forms. What do you do for exercise?*

3. ENGAGE IN ACTIVITIES THAT BRING YOU JOY. Do more activities that bring you joy, or try something new. This could be reading, cooking with new recipes, painting, meditating or listening to a podcast or music.

CREATE HARMONY: *Where is your happy place? Describe an activity that brings you joy.*

4. SET REASONABLE EXPECTATIONS FOR YOURSELF AND OTHERS. Set small, realistic goals and expectations that are attainable. You will feel more fulfilled and find it easier to maintain your mental health when you are consistently meeting your goals. Let go of the things you cannot control. Recognizing things you do and do not have control over frees you from unreasonable expectations.

FIND BALANCE: *What do I have control of today?*

5. CONNECT WITH OTHERS. It is important to reach out to your family, friends and colleagues. Engage in social groups, book clubs or even remote happy hours so you do not feel isolated. Share good news with family and friends.

TALK ABOUT IT: *Share feel-good news today. Encourage a co-worker, or find ways connect with others.*

RESOURCES:

- Mental Health and Well-Being Tips for Teachers from Upbeat
- Top Mental Health and Well-being Tips for Teachers