



Self-Care

IDEAS FOR TEACHERS

KEEP A GRATITUDE
JOURNAL

TAKE A FEW MINUTES
TO REFLECT ON THE DAY

SEEK OUT SOCIAL
SUPPORT

SELF-DIRECTED
STRESS PLAN →
(ANSLEY ET AL., 2016)



EXERCISE & EAT A
BALANCED DIET

QUALITY TIME WITH
FAMILY

CONTINUED PEDAGOGICAL
IMPROVEMENT - NEVER
STOP LEARNING!

CELEBRATE
ACCOMPLISHMENTS

REFERENCES →



SCHOOL-BASED MENTAL HEALTH
RESEARCH AND TRAINING INITIATIVE