



TEACHERS' WELLBEING



Here are some of my recommendations to help you maintain your wellbeing as a teacher.

TIP #1: Create a schedule

- establish boundaries
- take a "proper" lunch break
- take regular brain breaks
- don't worry if you don't make it through your entire To Do list for the day

TIP #2: Find time for yourself

- choose an activity that you like and try to make room for it during your day
- have a cup of tea!
- set tiny goals during the day and take power breaks

My recommendations for listening to music:

- Spotify →
- Band Lab →

TIP #3: Remember that you're not alone in this

- bear in mind that we're all in the same situation
- talk to your loved ones often
- stay connected and socialise (although it's ok to want to have some "alone-time" too)
- my ideas for socialising:
 - * have an online potluck dinner with friends
 - * have an online virtual toast with friends
 - * have a movie night and an online discussion after watching it
- the online platform I use for my online videocalls: Zoom

TIP #4: Do physical exercise

- my recommendations to do exercise:



yoga with Adrienne:
YouTube channel



yoga with Adrienne:
routine for teachers



PE with Joe:
YouTube channel



Just Dance:
YouTube channel



TIP #5: Give yourself a break and cut yourself some slack

- accept that you might be feeling sad or angry and that it's ok
- I recommend this article on Psychology Today by Dr. Susau Bialli Haas;
you can read the whole article here. ➡
- and here's the quote that I read from it in the video:

"We need to give each other permission to grieve. To be afraid. To sit with our emotions. To slow down. (...) We need our heroes, that's for sure. But sometimes we must simply allow ourselves to be humbled by a situation. To grieve what's happening, to not know what to do next. To be messy. To handle things imperfectly. To not have anything "Instagrammable" to share with the world right now."

Remember: you're doing a great job
and your efforts are highly appreciated!

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