Recharging Strategies

Build self-awareness
Take a self-assessment to identify stressors and unhealthy habits.

Simplify your schedule
Resolve to do fewer things...better.

Integrate healthy habits
Pair new healthy habits with current routines to set yourself up for success.

Find community
Connect with other educators for sharing and support.

Cultivate a 'recharging' mindset
Practice mindfulness. Envision self-care as a catalyst for productivity rather than a rest from it.

Resources

Self-Assessments
mindfulteachers.org/2014/11/how-burnt-out-are-you-quiz.html
stress.org/self-assessment

Strategies
cultofpedagogy.com/teacher-self-care

teachthought.com/pedagogy/25-tips-reduce-teacher-burnout/
edweek.org/tm/articles/2014/05/20/ctq-pillars-signs-of-solutions-for-burnout.html

Mindfulness
mindfulteacher.com

mindfulteachers.org

How do YOU recharge? Share your teacher self-care resources and strategies with us on Twitter: @MAET

Adapted from
cultofpedagogy.com/teacher-self-care

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