



## ABCs of Teacher Stress Management



- A**sk for help when and where you need it.
- B**e positive whenever possible.
- C**are for yourself as well as for your students.
- D**on't let negative people dominate your thoughts or space.
- E**at a nutritious lunch daily with pleasant people or alone if it's more peaceful.
- F**ind at least one more co-worker with whom you can freely and confidentially share your feelings about school matters.
- G**et enough sleep.
- H**ave a life of your own apart from school.
- I**nitiate conversations about subjects other than school in order to maintain a broader perspective of life.
- J**oin a support group.
- K**eep your mind on the job when in school and off the job during personal time.
- L**isten to your needs and meet them as best you can.
- M**ake time for your family and friends.
- N**ever go through the day without a good laugh.
- O**pen yourself to new educational ideas and practices.
- P**ause for a deep breath when things get busy or tense.
- Q**uiet your mind in a solitary place when pressure builds.
- R**emember the value of your skill and experience.
- S**peak up for your needs and concerns.
- T**ake time to talk to co-workers about interests and hobbies.
- U**tilize your support network for on and off the job concerns.
- V**iew problems as a challenge leading to growth.
- X**-out habits injurious to your health (smoking, excessive alcohol and caffeine).
- Y**ou are a worthy member of a fine profession. Remember that!
- Z**oom ahead with less stress to a healthier, more fulfilling career.