



Tips & Tricks to Reduce Stress in a Classroom

For: Red Jacket CSD

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“We create these great lessons and grade papers, but sometimes we fail to remember ourselves: we can’t pour from an empty cup.” - Kayla Desserts.

Whether you are a classroom teacher, aid, principal, assistant principal or district administrator, attending this “Tips & Tricks to Reduce Stress in the Classroom” is a great start to focus on your self-care and wellness. You will learn:

Self-Care, Troubled Kids & Hard Days

- Discover what triggers stress
- Examine steps and develop routines to help reduce stress and burnout
- Create a stress management plan
- Review Social-Emotional Competencies and how they affect your professional and personal life
- Learn to take time for you and continue to be an effective educator

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- Learning activities and exercises to use in the classroom and home
 - Network and collaborate with others about teacher wellness and self-care

Mind & Body Wellness

Strategies:

- Body Scan
- Deep Breathing in Your Car
- Mindfulness
- Patience
- Daily Self-Care Tips

