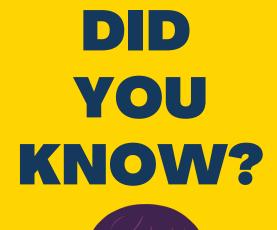


An Initiative of





RESILIENCY PLANNING





Burnout is chronic stress or fatigue related to work.

Wellbeing involves <u>coping with stress</u>, working productively, and taking care of yourself so you can help others.

Building resiliency helps you recover from adversity.

<u>Self-care</u> reduces anxiety, minimizes frustration, improves concentration, and increases happiness.

A <u>Resiliency Plan</u> can help you manage emotions and adjust to challenges.

What challenges have you encountered to engage in <u>self-care</u>?





Recognize your emotions and challenges.

Take breaks, eat well, and get enough sleep.

Build a support system at work and home to feel less alone.

Schedule your <u>self-care activities</u> (and be realistic).

Recommended Material(s): Stress Ball, Expandable Ball, The Calming Kitty

Watch our <u>Teacher Stress</u> Video and...



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