

# RESILIENCY PLANNING

## DID YOU KNOW?



Burnout is chronic stress or fatigue related to work.

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

Building resiliency helps you recover from adversity.

Self-care reduces anxiety, minimizes frustration, improves concentration, and increases happiness.

A Resiliency Plan can help you manage emotions and adjust to challenges.

What challenges have you encountered to engage in self-care?



## REFLECT ON THIS...

## START YOUR JOURNEY!



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 self-care activities (and be realistic).

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

Watch our Teacher Stress Video and...

