

FIVE SELF-CARE STRATEGIES FOR TEACHERS



Seek

support and advice from colleagues. This can enable teachers to draw on the insights of others and identify new approaches.



Reframe

the problem. Consider the 'facts' of a situation vs an 'emotional viewpoint'.

Utilise

professional learning. Our free professional development courses provide strengths- and evidence-based strategies to support teachers and students. Visit learn.allplaylearn.org.au to start now.



Practice

acceptance. Accept that you have been experiencing a difficult situation that has taken an emotional toll.

Schedule

in time for yourself. What restorative, leisure activities do you enjoy? Book in time for them!

