

# WORKPLACE SUPPORTS FOR EDUCATOR WELLNESS

## WELLNESS COACHING AND WELL-BEING COMMITTEES

Wellness coaches can help educators manage stress and support well-being.

### Wellness initiatives include:

- Individual or group coaching
- Staff wellness activities
- Well-being committees with administrators, educators, and families

## SUPPORTIVE PHYSICAL WORK ENVIRONMENTS

Programs can support staff by providing:

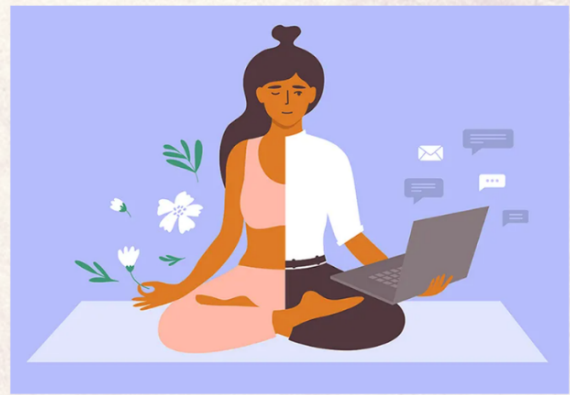
- Child- and adult-sized furniture
- Organized classroom layouts
- Storage for personal belongings
- Access to teaching materials and supplies

## PLANNING FOR WELLNESS

Developing a self-care plan helps educators maintain healthy habits.

One approach is setting SMART goals:

- **Specific:** Clearly define the goal
- **Measurable:** Track progress
- **Assignable:** Identify responsibility
- **Realistic:** Keep it achievable
- **Time-related:** Set a timeline



## COLLABORATION AND SUPPORTIVE RELATIONSHIPS

Supportive practices include:

- Collaboration with colleagues
- Opportunities to discuss challenges
- Sharing strategies and ideas

Support from family and friends also helps maintain a healthy work-life balance.