

The Teacher Self-Care Journal



A school-based self-care system designed to strengthen educator resilience in just minutes a day.

90 DAY TEACHER SELF-CARE JOURNAL

A simple tool that gives your teachers a structured, daily practice to reduce burnout, protect their energy, and show up stronger for students — every single day. Schools that invest in teacher well-being see measurable improvements in retention, morale, and student outcomes.



THE IMPACT FOR YOUR EDUCATORS

Burnout does not happen overnight, and it will not be solved with a single PD session. Research estimates that teacher attrition costs the United States up to \$2.2 billion every year in recruitment, hiring, and training replacement teachers (Alliance for Excellent Education). National surveys show that more than half of teachers report frequent job-related stress—significantly higher than other working adults (RAND). Studies on expressive writing have found that brief, structured journaling sessions—typically 15–20 minutes over several days—can reduce stress and support emotional processing.

BILLIONS

Estimated annual U.S. teacher attrition cost

OVER HALF

Of teachers report frequent job-related stress or burnout

MINUTES A DAY

Brief journaling can help reduce stress

WHAT'S INCLUDED IN YOUR WELLNESS SYSTEM



90 Day Self-Care Journals

Guided prompts to pause, reflect, and protect energy daily.



Leadership Implementation Guide

Step-by-step rollout for easy, consistent implementation.



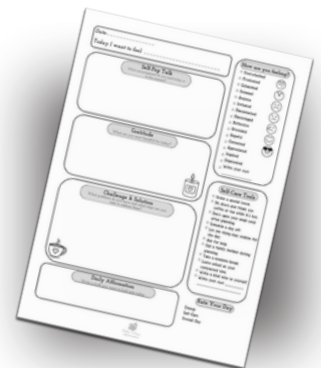
Teacher Companion Guide

Walks teachers through how to use the journal effectively.



Leadership Digital Toolbox

Access to wellness resources, completion certificates, and more.



WHO IS THIS FOR



Schools ready to tackle burnout and keep their best teachers winning



Leaders ready to take meaningful, real action on staff wellness



Teams moving beyond one-time wellness efforts for good



Campuses committed to supporting new teachers all the way through year one



Principals intentionally building a culture where educators feel seen and valued

JOURNAL BENEFITS



Reduces burnout before it becomes a teacher resignation



Builds self-care habits that teachers can actually sustain



Supports classroom calm without adding to their workload



Gives every educator a daily moment that is just for them



Increases morale and sense of support across your staff

The Teacher Self-Care Journal

PRICING TIERS

INDIVIDUAL IMPLEMENTATION

\$30.00

PER JOURNAL

Orders of 1-9 Journals. Ideal for individual educators, small teams, or pilot purchases.

MULTI-CLASSROOM ACCESS

\$25.99

PER JOURNAL

Orders of 10-49 Journals. Perfect for small schools or departments implementing structured wellness routines.

SCHOOLWIDE INTEGRATION

\$23.99

PER JOURNAL

Orders of 50-199 Journals. A great fit for large schools supporting a unified wellness culture.

DISTRICT-WIDE ADOPTION

\$21.99

PER JOURNAL

Best value for district-wide or multi-campus systems ordering 200+ journals.

HOW TO BRING THIS TO YOUR ORGANIZATION

- 1 **Request a quote** to receive custom pricing tailored to your school or district's needs.
- 2 Submit an official purchase order made out to **Petals and Pages XO, LLC**. Non-institutional bulk orders require a 50% deposit.
- 3 Journals are produced and shipped directly to your school or district. Invoices are due net 30 days; the remaining balance is due prior to shipment.

READY TO ORDER?

Your teachers are already doing the hard work. This gives them something to hold onto while they do it.

SCAN TO REQUEST YOUR QUOTE TODAY!



CONTACT INFORMATION

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