

FOR TEACHERS

Caring for students while caring for yourself.

Healthy educators. Brighter students. Stronger communities.

You are holding a lot. ♥

Your care makes a difference every day. ♥

1 Why teaching can be exhausting

Teaching is deeply meaningful, but it can also be demanding. You may experience:

- ♥ **High emotional labour** – caring deeply about your students' wellbeing and success
- 📚 **Heavy workload** – planning, marking, communication and multiple responsibilities
- 👥 **Meeting diverse classroom needs** – academic, social, emotional and behavioural
- ! **Challenging behaviours** – helping students regulate while staying calm yourself
- 👤 **Pressure** – high expectations from many directions (students, parents, administration, society)
- 🕒 **Limited recovery time** – the work often follows you home, making it hard to switch off



2 Signs you may need more support



Body

- Persistent fatigue
- Frequent headaches or tension
- Getting sick more often
- Changes in appetite or sleep



Mood

- Feeling overwhelmed
- Increased irritability
- Feeling anxious or low
- Less joy or motivation
- Feeling emotionally drained



Thinking

- Difficulty concentrating
- Feeling forgetful
- Negative or critical thoughts
- Trouble making decisions
- Feeling mentally "foggy"



Classroom signs

- Feeling less patient
- More frequent frustration
- Dreading certain classes or situations
- Withdrawing from students
- Feeling like you're just getting through the day

3 What helps during the day

Small strategies can make a big difference. Try:

- ☀️ **Set realistic expectations**
You can't do everything, and that's okay.
- ☕ **Take small rests**
Even 1–2 minutes to breathe, stretch or step outside can help.
- 👥 **Lean on your colleagues**
Share, chat, problem-solve and remind each other you're not alone.
- ↕️ **Use transitions wisely**
Take a few calming breaths between classes or activities.
- 🌱 **Ground yourself**
Notice what you can see, hear and feel. A steady breath can help you feel more present.

4 What helps after school

Your recovery matters. Consider:

- 🏠 **Create a decompression ritual**
Give yourself a transition between school and home (walk, music, change clothes, quiet time).
- 🧘 **Move your body**
A walk, stretching, yoga or other movement can reduce stress.
- 🌙 **Prioritize rest and replenishment**
Protect your sleep and do things that bring you joy.
- 🚫 **Set boundaries**
Limit after-hours emails and give yourself permission to be off duty.
- 💪 **Don't take every hard moment as a measure of your worth**
Challenging days happen. They don't define you or your impact.

Rest helps you show up for what matters most. ♥

5 For school leaders

Supportive leadership helps teachers—and students—thrive. You can:

- 👥 **Ensure protected breaks**
Support time for rest, transition and personal needs throughout the day.
- ⚙️ **Foster collaboration**
Create opportunities for planning, sharing and problem-solving.
- 📊 **Set realistic demands**
Be mindful of workload, timelines and competing priorities.
- 🛡️ **Provide psychologically safe support**
Encourage open conversations about stress and wellbeing, and ensure access to appropriate resources.

Support teachers. Stronger schools. Brighter futures. ♥

6 When extra support may help

Consider reaching out for professional support if you notice:

- 😞 **Ongoing dread about work**
- 🌙 **Changes in sleep or appetite**
- ⚡ **Feeling numb, detached or hopeless**
- 👥 **Increased irritability or emotional reactivity**
- ⚙️ **Trouble functioning at work or home**

It's okay to ask for support. ♥

7 Important to remember

- Good teachers do not have to run on empty.
- Caring for yourself is not a luxury—it's essential.
- You make a difference, even when it feels hard.
- Your wellbeing helps your students, your colleagues and your community.
- You are more than your to-do list. You are a valued, important part of the school community.

A healthier you helps create brighter tomorrows for our students. ♥



People Support People Change Communities ♥