



# A reminder

Your wellbeing matters.

**Step 1:** Recognize the Signs Early

**Step 2:** Refocus & Recharge

*Pause:*

Take a mindful moment between tasks

*Connect:*

Talk with a supportive colleague

*Simplify:*

Focus on what truly matters

*Move:*

Stretch or take a quick walk

*Reflect:*

Revisit what brings you joy in teaching

*Boundaries:*

Give yourself permission to stop working after hours

**Step 3:** Check in with each other is not a luxury it's a necessity.