

# TEACHER BURNOUT

# *Recovery Plan*

Using the tips from the blog post, write in your plan for how you will recover from the burnout you are experiencing. Think about all of the domains of energy listed in the post, and list your ideas below for how you'd like to recharge yourself this summer. At the bottom, choose your first act of recovery and make a commitment to yourself to accomplish it. It's time for YOU!

PHYSICAL RECOVERY PLAN:

EMOTIONAL RECOVERY PLAN:

COGNITIVE RECOVERY PLAN:

SPIRITUAL RECOVERY PLAN:

RELATIONAL RECOVERY PLAN:

MY FIRST STEP: To get started, I commit to...