

# teachers THAT THRIVE.

## 10 STEPS TO THRIVE IN TEACHING

### 1 CREATE SEPARATION

Set clearly defined boundaries between work and home

1

WHERE DO YOU NEED TO CREATE A BOUNDARY?

WHAT WOULD YOU DO WITH 20 MINUTES JUST FOR YOURSELF?

2

### 2 MAKE TIME FOR YOU

Give yourself permission to take time to spend just for you

### 3 SUPPORT YOUR BODY

Take care of your needs for sleeping, eating, and hydration

3

WHAT CAN YOU DO TO MEET YOUR PHYSICAL NEEDS?

WHAT IS YOUR FAVORITE WAY OF MOVING?

4

### 4 DEAL WITH BODY STRESS

Manage the stress in your body by moving (walk, dance etc.!)

### 5 ACTIVATE SUPPORTERS

Bring in people (friends, partner, or a coach) to support you

5

WHO IS ON YOUR SUPPORT TEAM?

WHAT WOULD YOU SAY TO A FRIEND IN YOUR SITUATION?

6

### 6 BE A FRIEND TO YOURSELF

Rewrite negative mental scripts to be kind to yourself

### 7 SET MICRO-GOALS

Incremental progress leads to tremendous shifts - start small

7

WHAT SMALL STEP COULD YOU TAKE RIGHT NOW?

WHERE DO YOU STRUGGLE TO SELF-MANAGE?

8

### 8 BUILD SELF-REGULATION

Cultivate your skills to regulate your emotions and behaviors

### 9 FIND AND CATCH JOY

Look for and write down things that bring you joy and happiness

9

WHAT WOULD YOU LIKE TO NOTICE MORE?

WHO WOULD YOU LIKE TO SUPPORT?

10

### 10 PAY IT FORWARD

Support another teachers' resilience