



**As an educator, you probably have plenty of stress from all directions. It's easy to slip into habits that can cause more stress. The good news? You can change your habits to help combat those stressors. Let's make life easier.**

Take a minute to write down the tasks that cause you the most worry, frustration, and headaches. Now look at why. Is there a common denominator? – Not enough time? Unfocused? Inefficient process? Too much worry? Here are a few techniques to try that might help you minimize the stress you feel from day to day.



# Compile a to-do list

Keep the list manageable and prioritize by importance.



# Think before you commit

Is the request reasonable?  
Is it going to send you into overload?



# Get support

Sharing good and bad with a good listener can lighten the load.



# Drink water

No joke! Dehydration can affect  
your mood and brainpower.



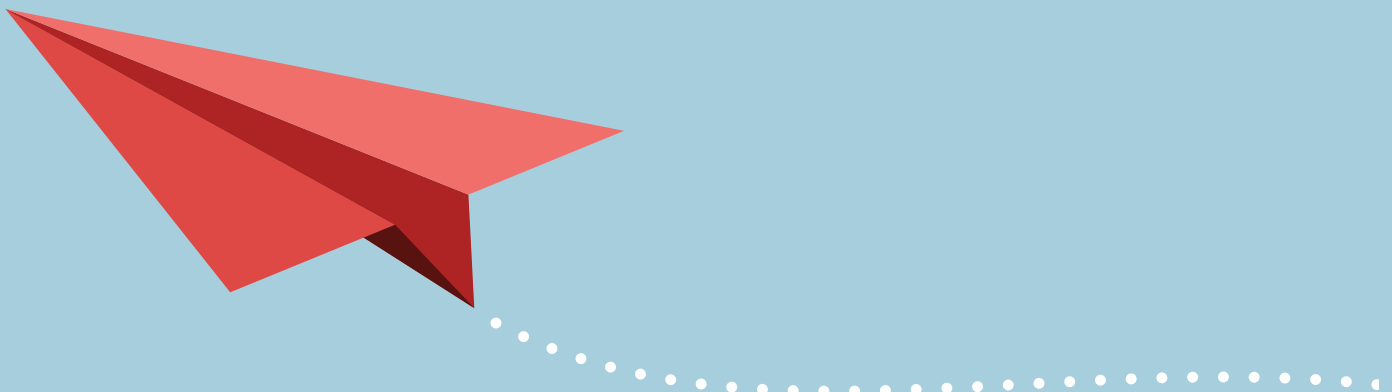
# Don't regret

Learn from your mistakes and move on.



# Let go

Plan for physical activity after work to help relieve your frustrations from the day.





# Take your time

Life is hectic. Take a breath and focus on your priorities.



# Sleep

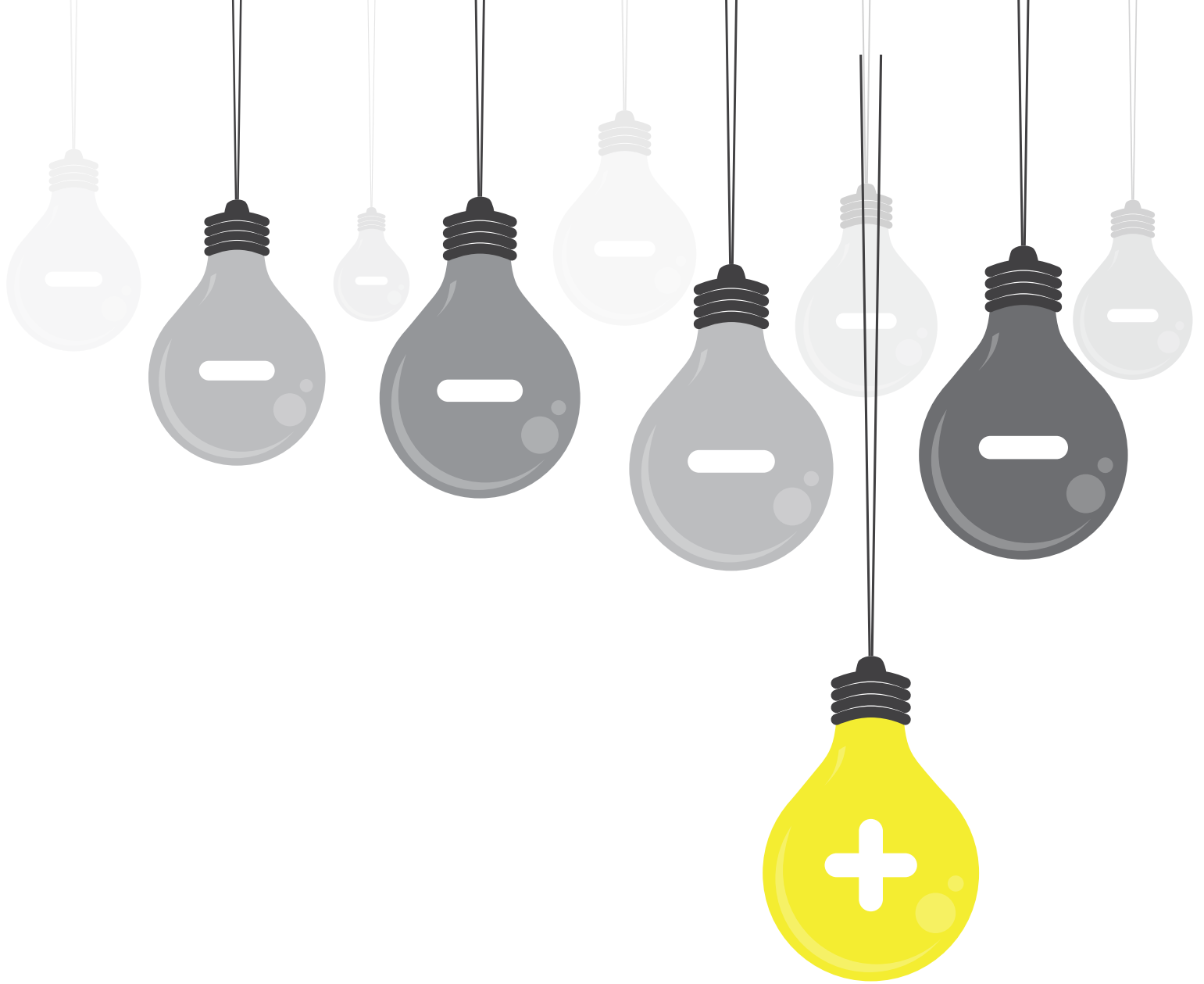
It can wait until morning, when you can think more clearly and process faster.



# Smile

A simple smile can improve how you feel.





# **Look for the positive**

Write down what you find to keep  
as a reminder on your bad days.

# **What's the worst that can happen?**

By accepting this possible worst outcome, you can move on to improve the situation. Educators have stressful jobs, but at least they're never boring!

