

We asked and educators from around the country have graciously shared their plans for making their own well-being a top priority.

Get regular exercise – even if it’s just 10 minutes per day	Keep quick, healthy snacks in my desk	Join a book club with friends	Do jigsaw and crossword puzzles for brain breaks	Establish the Tap-in-/Tap-out strategy with colleagues to recharge
Ditch my teacher bag by setting a limit to the number of days school-work is brought home to grade	Practice yoga, CrossFit, and deep breathing exercises	Play with my kids at the park after school	Keep a 9:30 p.m. bedtime	Go out to dinner with my partner (just the two of us)
Walk 30 minutes every day	See a therapist monthly	Keep a gratitude journal (list 3-5 things I am thankful for everyday)	Attend water aerobics one day per week	Play students’ favorite music as they enter the classroom
Create a weekly schedule – and stick to it	Implement “Mindful Mondays” (Lead mindfulness exercises with students in the classroom every Monday morning)	Organize monthly potluck lunches with colleagues at school to socialize and build relationships with each other	Read for pleasure (at least one chapter a day)	Spend time outside everyday (green spaces and fresh air can work wonders!)

Remember that every day you are making a positive impact, indeed. You can't pour from an empty cup, though...