

We asked and educators from around the country have graciously shared their plans for making their own well-being a top priority in 2020

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 husband (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...