

Start the day with a simple routine (coffee, quiet time, journaling)

Practice deep breathing for a few minutes between classes

Exercise regularly or take movement breaks

Listen to music or a podcast during your commute

Step outside for fresh air whenever possible

Set clear routines to reduce daily chaos

Simplify lesson plans when needed

Use student helpers for small classroom tasks

Build "brain breaks" into lessons to reset the class and yourself

Focus on progress, not perfection

Set boundaries on after-school work

Plan something you enjoy after work at least a couple times a week

Leave school at school

Use guilt-free personal days when needed

Limit multitasking and focus on one thing at a time

Connect with supportive colleagues

Celebrate small classroom wins

Practice gratitude by noting a few positive moments each day

Laugh when you can

Ask for help or support from administrators, mentors, or teacher networks

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