

RESTORATIVE PATH



You gave everything this year. Every late night, every difficult conversation, every extra hour. This summer, your only job is to refill what was poured out.

1. Declare a decompression week. The first week of summer is off-limits for planning, organizing, or anything school-related. No emails. No thinking about the classroom. Just relax.
2. Rediscover a forgotten hobby. What did you love to do before you started teaching? Go find it again.
3. Sleep without an alarm. At least twice a week, let your body wake up on its own schedule. This is not laziness; it is medicine.
4. Connect with nature. Go for an early morning hike, float in a pool or lake, or just spend some time in your own backyard.
5. Journal without a prompt. Not reflection. Not goals. Just whatever is in your head. Let it out.

