

# *Beat Teacher Burnout!*

## 5 TIPS TO GET YOU ON THE ROAD TO RECOVERY

### 1. Take Your Time

I have heard so many stories of educators who retire with years of stored time. YEARS! This is so sad. I know that the districts you work for are probably going to be mad at me for telling you this, but TAKE YOUR PTO! The most productive people are ones who take time to refresh themselves. Educators are no exception. We get the summers off but the lift is so heavy during the year we need that time to regroup and sometimes use it to work and plan for the coming year.

### 2. Enforce Boundaries

This is one that we will delve into in depth in the course. There are so many boundaries that we do not enforce as educators. One I will say here is make your lunch time sacred. No open laptops. No grading papers. Take that time and eat. In peace. No lunch bunch either! Do those on student lunch times and keep yours separate.

### 3. Sleep!

So many teachers I know do not sleep well or enough. They tend to stay up late grading papers or other things. But sleep is so important because it helps regulate your nervous system and allows you to feel balanced and able to face the day much easier. Aim for at least 7.5 hours per night.

### 4. Move Your Body

You may not have time to workout, but you **do** have time to take a walk 15 minutes after dinner with your family, your dog or even your cat. Yes, people are walking their cats now! I wouldn't say it will be the most productive, but it may be an adventure! Moving your body. in anyway you are able to, be it yoga, a bike ride or a simple tread mill jaunt in the gym, does wonders for your serotonin levels - the happy chemical!

### 5. Eat a Balanced Diet

Eating a balanced diet is crucial! So many times I notice that new teachers are eating a lot of processed foods, probably due to money and lack of time or knowledge, as well as some of them just being on their own for the first time. One rule of thumb is to eat more veggies and fruit than anything else in any given day and/or eat at least one salad per day! This makes it a lot easier to manage, and fruits and veggies are inexpensive!