



Simple Tips for Boosting Teacher Resilience

Let It All Out

It's a good practice to write down the thoughts and issues that you are facing before you start another day. Not only do you feel better, but you can reflect and prepare yourself for next time.

Plan

Take time off and focus on yourself. Plan ahead for a weekend getaway or any activities that you enjoy doing. This will help to motivate you to keep going and give you something to look forward to.

Support System

Be cautious with your choice of interactions, as you should avoid any negativity that will influence you mentally. Positivity plays a big role in everyone's life and it has a domino effect. Make it a point to engage with people who are able to make you the best educator you can be - and not to mention, the best version of yourself!

