

*Some Days Are Diamonds; Some
Days Stone: Stress/Mental
Health Management*

Advice From A Sea Turtle

Swim with the current.

Be a good navigator.

Stay calm under pressure.

Be well-traveled.

Think long term.

Age gracefully.

Spend time at the beach!



Swim With The Current

Mindfulness

involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them—without believing, for instance, that there's a “right” or “wrong” way to think or feel in a given moment.

Swim With The Current

Mindfulness:

- awareness of what is happening in the present moment
- rather than simply acting instinctively
- unaware of what emotions or motives may be driving that decision
- allows us to accept our emotions

Swim With The Current

- Pay attention.
- Live in the moment.
- Accept yourself.

Swim With The Current



*It's not the breaths we take,
but the moments that take our breaths away.*

Be A Good Navigator

Plan, but always, *always*
have a plan B (or C, or D).

Be A Good Navigator

Think about planning backward.

- Look at the TEKS
- List skills, concepts and knowledge you want students to learn from this lesson
- Design the final assessment/project; what will the students do to demonstrate mastery
- Create lessons that lead to that end
- Reflect on the lesson and tweak as needed



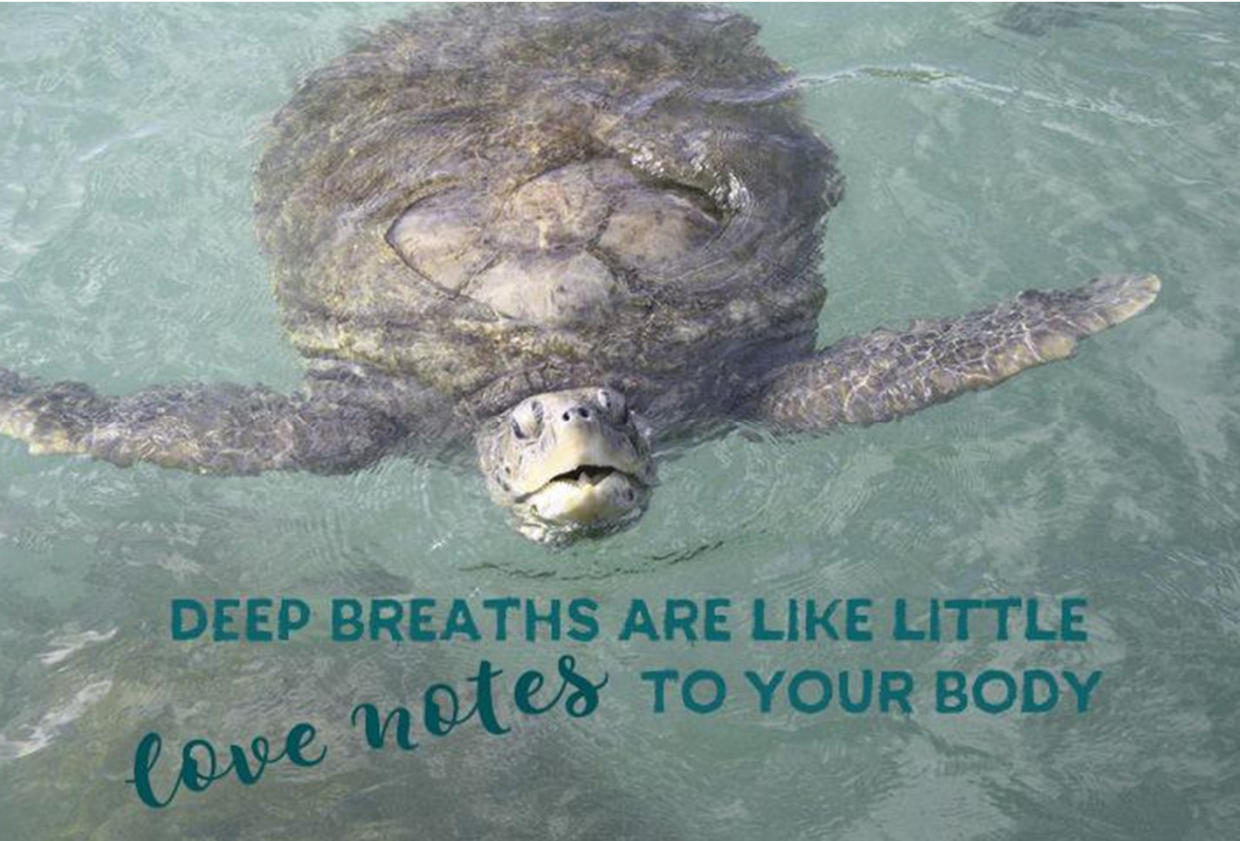
Contribute in PLC Meetings

Stay Calm Under Pressure

Just like Lucy and Ethel, teachers are masters at thinking on their feet and solving problems.



Stay Calm Under Pressure



Deadlines and depending on others can be stressful, have clear expectations and have fun with your students. Get plenty of sleep!

Be Well-Traveled

Attend workshops and conferences; know your school and what's available there, too.

Ex: Some high school campuses offer catering, cosmetology, napkin printing, auto repair and vet services.

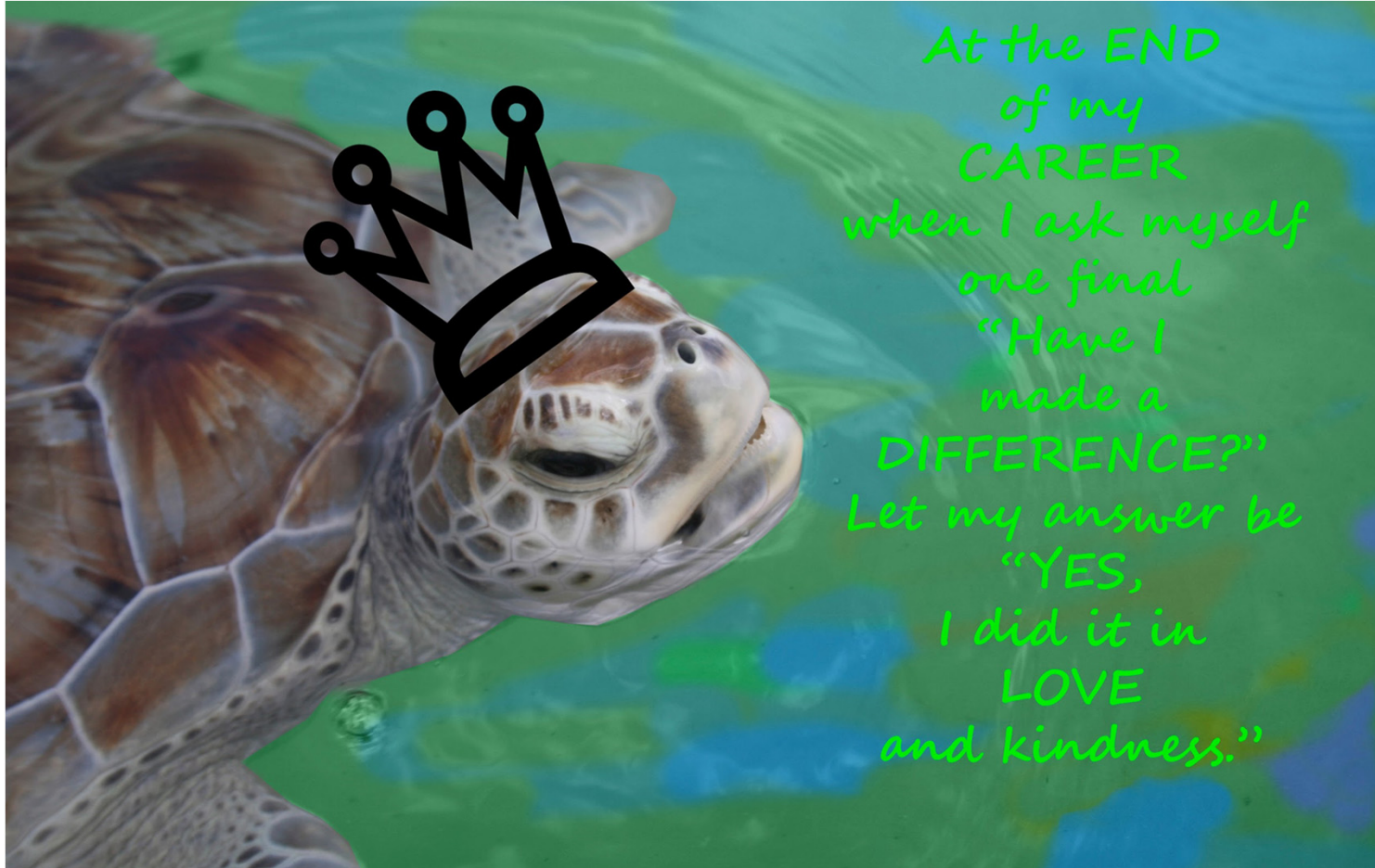
Think Long-Term

- Recognize when you are getting stressed
- Take breaks for diversion
- Get out of your room for lunch
- Avoid letting your career consume you

Think Long-Term

- Take time for your hobbies
- Do something you enjoy
- Change your mindset
- You can have a 30-40 year teaching career

Think Long-Term



At the END
of my
CAREER
when I ask myself
one final
"Have I
made a
DIFFERENCE?"
Let my answer be
"YES,
I did it in
LOVE
and kindness."

Age Gracefully

- If walking/cycling is good for you, the postman would be immortal.
- A whale swims all day, only eats fish, drinks water and is fat.
- A rabbit runs and hops but only lives 15 years.
- A tortoise doesn't run, does nothing...yet lives for 450 years.



...and you tell ME to exercise...!

Spend Time at the Beach

Make your classroom a happy place for you and the kiddos but it never hurts to take a cruise when school is out, at Thanksgiving or Christmas (or anytime!)

Make time for something you enjoy.

