

# Teacher-focused Wellness Tips

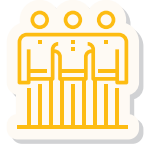
## Created by teachers for teachers



Have a **“go to”** list of colleagues to contact for support.



**Teachers’ Federations** can provide assistance.



You are **not** alone!



Seek out positive exchanges with others.



It’s OK to ask for **help**.



Collaborate with **positive** people.



Remain **honest and polite**.



Remain **non-judgemental**.



Clarify, communicate and demonstrate **interest**.



Contribute to the creation of ideas, plans and options in finding a **solution**.



Demonstrate **active** listening skills.



Elaborate on personal **perspectives**.



Utilize **emotional intelligence** when having tough conversations.



Establish and maintain a **positive working culture**.



**Take action to promote personal wellness:** ensuring healthy life balance, eating & sleeping well, pursuing personal interests outside of school and developing strategies for coping with stress.



Know and be aware of when **others need help**.



**Stress release:** know what works for you.



Involve yourself in school activities that make you **feel good**.



Recognize the successes and **gifts of others**.