

MENTAL HEALTH

TAKING CARE OF YOUR MENTAL HEALTH

PRACTICAL TIPS FOR TEACHER'S WELL-BEING

EFFECTIVE TIME MANAGEMENT

Teachers can benefit from creating structured schedules that allocate specific times for lesson planning, grading, and breaks. Using planners or digital tools can help keep workloads manageable and reduce last-minute stress.



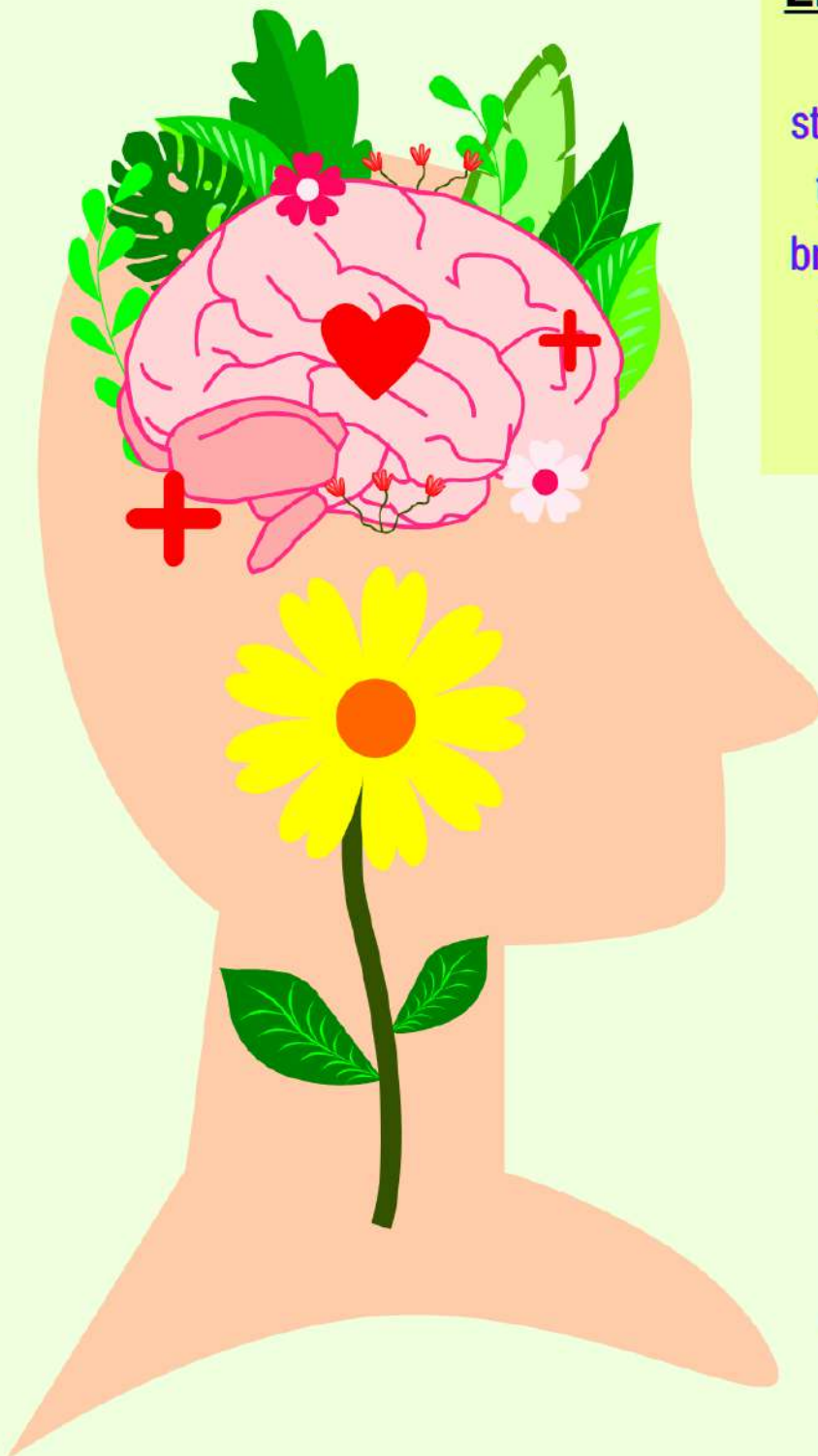
PRACTICE SELF-CARE

Take time to do things that you enjoy, such as reading a book, taking a walk, or having a relaxing bath. Prioritizing self-care can help reduce stress and improve mood.



BUILDING A SUPPORTIVE NETWORK

Teachers should connect with colleagues to share experiences and seek advice, and participate in professional development to enhance their stress management skills and create a positive work environment.



By- Sukriti Sidana (Counsellor)