

Teacher Self-Care Checklist



Teaching is very meaningful and rewarding, but it can also be very stressful. That's why it's essential for teachers to prioritize their own wellbeing just as much as they care for their students. This **Teacher Self-Care Checklist** offers simple, practical ideas you can use daily, weekly, or whenever you need a quick reset. Small moments of care add up to big differences over time. You deserve to feel supported, energized, and appreciated. These are small tasks that can help to alleviate some of the pressure.

Our Teacher Appreciation Week promo is from May 5th to May 8th for new patients. First appointment is only \$89.

DAILY MINI-RESET (Pick 1–2)

- 3 deep belly breaths between classes
- 5-minute walk outside or around the building
- Drink a full glass of water
- Play a favorite song during planning time
- Write down one thing you're proud of today

WEEKLY WELLNESS (Pick 1–2)

- Move your body (even 15 minutes: walk, yoga, dance!)
- Meet a friend for coffee or call someone you love
- Watch or listen to something that makes you laugh
- Plan one non-work “joy activity” (baking, gardening, painting, etc.)
- Reflect: What went *well* this week?

WHEN FEELING STRESSED (Pick 1–2)

- Name the feeling (frustrated, tired, overwhelmed, etc.)
- Take a 3-minute mindfulness pause (focus on breath or sounds)
- Say or write down: “What I can control today is...”
- Stretch arms, neck, and legs for 2 minutes
- Ask for help (big or small)

MONTHLY REFRESH

- Take one full day off from grading/planning
- Try something new: a class, recipe, or hobby
- Re-set boundaries if needed (work hours, availability)
- Celebrate a teaching win — even a small one!
- Treat yourself (small reward: favorite coffee, new book, cozy socks)