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.