

MENTAL HEALTH FOR TEACHERS

10 Mental Health Tips for Teachers Balancing Life and Remote Teaching

MENTAL HEALTH FOR TEACHERS



Communication is vital for
maintaining mental health
for teachers

10

Be unapologetic

09

A dedicated work space
can improve mental
wellness

08

Set office hours while
remote teaching

07

Reach out

06

01

Control the controllable
during covid-19 & beyond

02

Carve out time for self-
care to maintain your
mental health

03

Get your body moving to
help your mental wellness

04

Model self-compassion

05

Set reasonable
expectations (for yourself
and others)

Teachers Twe Health And Wellness

Thomas Griffiths



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