Healthy Teachers in Happy Classrooms

TAKE THE QUIZ

1= not very true

2= somewhat,

3=mostly true

4=very true

1. 1 2 3 4

2. 1 2 3 4

3. 1 2 3 4

4. 1 2 3 4

5. 1 2 3 4

6. 1 2 3 4

7. 1 2 3 4

8. 1 2 3 4

9. 1 2 3 4

10. 1 2 3 4

*When the teacher is emotionally healthy, the students benefit as well.*

*Burned-out teachers cannot motivate and guide student engagement.*

Spiritual Emotional Health

Prioritize being with God, rather than doing for God.

Make the decision to make changes.

Create space to become emotionally healthy.

Thriving, Not Just Surviving

Develop the right mindset about stress.

Prioritize relationship building.

Become a mission and goal driven person.

Master time management and habit forming.

Master your organizational and planning style.

Practice the law of essentialism.