



# May is Mental Health Awareness Month

## WHAT TEACHERS NEED TO KNOW

May is a time to raise awareness about mental health and reduce the stigma around seeking help.

Teachers, your mental health matters. Here are some tips for taking care of yourself!

- Identify, process, and manage YOUR OWN stress! When we do not manage our stress, we tend to take it out on those we spend the most time with
- Create and practice some de-stress rituals in your personal and classroom life.
- Get some green in your life or lesson plan: research shows that spending time outside/in nature lowers stress levels. If you can't get the kids outside, then bring some plants or wildlife into your classroom.
- Listen to music on your commute or in the classroom. Music can soothe anxiety, lower heart rate, and increase dopamine levels in the brain.
- Practice gratitude. At the end of each day, acknowledge something you are grateful for
- Develop a personal care plan to manage stress. Pay attention to the physical, emotional, and mental manifestations of stress.
- Learn how to say no. In order to continue caring for others in your profession, it's important to set realistic goals and boundaries for yourself.

### Additional Resources

- Create your self-care plan [here](#)
- Watch a two part webinar about [self-care](#) and [self compassion](#)
- Watch a TED talk about emotional first aid [here](#)
- Take a burnout self test [here](#)
- If therapy is something you'd like to try, explore how to find the right therapist for you [here](#)
- Find a self compassion meditation practice to try [here](#)