

OCTOBER 2023: WORK-LIFE BALANCE

1. How are you ensuring a balance between your work responsibilities and personal life?

2. What activities or hobbies outside of work help you relax and recharge?

3. Are there any responsibilities that you can delegate or manage better to reduce workload stress?

JANUARY 2024: GOAL SETTING

1. What are your professional goals for the new year?

2. What personal goals have you set that can contribute to reducing stress and preventing burnout?

3. What steps will you take this month to start working towards these goals?

FEBRUARY 2024: CONNECTION AND COMMUNITY

1. How are you fostering connections with your colleagues and the school community?

2. How does your sense of community contribute to managing stress and preventing burnout?

3. How can you help cultivate a supportive atmosphere within your school?

MARCH 2024: MINDFUL EATING AND EXERCISE

1. How do your eating habits affect your stress levels and overall well-being?

2. Are you incorporating regular exercise into your routine, and how does it impact your stress levels?

3. What changes can you make this month to improve your physical health and thereby reduce stress?

APRIL 2024: PROFESSIONAL DEVELOPMENT

1. How does continuous learning and professional development contribute to your sense of fulfillment and decrease burnout?

2. What skills would you like to develop or enhance this month?

3. How will your professional growth contribute to a more positive work experience?

MAY 2024: REFLECTION AND EVALUATION

1. Reflect on the past academic year – what were your successes and challenges in managing stress and preventing burnout?

2. How have your practices of self-care and stress management evolved over the year?

3. What strategies will you carry forward into the next academic year, and what new strategies might you consider?

