YEAR-LONG TEACHER WELL-BEING CALENDAR

Use these questions each month to guide you as you work on your individual well-being.

ose mese questions each month to gaine you as you work on your marriadar well-by
AUGUST 2023: SELF-AWARENESS
1. How are you feeling about the upcoming academic year and why?
2. What steps can you take this month to prepare mentally and physically for
the year ahead?
3. How can you establish a daily routine that includes time for self-care and relaxation?

SEPTEMBER 2023: MINDFULNESS
1. How can mindfulness practices be integrated into your daily routine?
2. How are you ensuring you are present and attentive in your daily interactions with students and colleagues?
3. Can you identify one aspect of your work that particularly stresses you out and apply mindfulness techniques to manage it?

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?

NOVEMBER 2023: GRATITUDE 1. What are three things you're grateful for in your professional life? 2. How can expressing gratitude contribute to a more positive working environment? 3. How might you incorporate a gratitude practice into your daily routine?

DECEMBER 2023: REST AND REJUVENATION 1. How are you planning to rest and rejuvenate during the winter break? 2. What relaxation techniques work best for you when you're feeling particularly stressed? 3. How can you ensure that you maintain some level of rest and relaxation when you return to work?

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?

JUNE 2024: CELEBRATION AND RELAXATION 1. What are your top three professional accomplishments from the past academic year, and how will you celebrate them? 2. How can you use the summer break to relax and recharge effectively? 3. Reflect on the well-being strategies you implemented this year. Which were most successful, and why?