

DEALING WITH POTENTIAL EXPOSURE:

THE STRESS OF PHYSICALLY REOPENING SCHOOLS

If you are a teacher that will be going back to school in-person—whether full time, every other day, or every other week—it's important to prevent that fear from becoming debilitating.

FOR TEACHERS

CHECK IN WITH YOURSELF FREQUENTLY.

EMBRACE YOUR EMOTIONS.

IDENTIFY WHAT YOU DO HAVE CONTROL OVER.

TAKE A SOCIAL MEDIA BREAK.

PRACTICE SELF-COMPASSION.

LEARN MORE AT

[MENTALHEALTHMN.ORG/NEWS/BACK-TO-SCHOOL/](https://www.mentalhealthmn.org/news/back-to-school/)

MENTAL HEALTH Minnesota

