

TEACHERS: PROTECTING YOUR MENTAL HEALTH

Teachers are often focused on taking care of and supporting others, but without prioritizing your wellbeing, those stress levels won't lift.

WAYS TO HELP OTHER TEACHERS

CHECK IN ON EACH OTHER.

HOLD EACH OTHER ACCOUNTABLE FOR SELF-CARE.

EXPRESS GRATITUDE.

TAKE TIME TO LAUGH.

PAY ATTENTION TO NONVERBAL CUES.

LEND EACH OTHER SUPPORT.

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

MENTAL HEALTH Minnesota

