

# **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 YOURSELF**

**SET BOUNDARIES EARLY ON - AND HOLD THEM.**

**FOCUS ON WHAT YOU CAN CONTROL.**

**MOVE YOUR BODY.**

**STAY IN TOUCH WITH FRIENDS AND FAMILY.**

**KEEP UP WITH SELF-CARE.**

**MAINTAIN REASONABLE EXPECTATIONS.**

**LEARN MORE AT**

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

MENTAL HEALTH Minnesota

