



Teachers: 5 Ways to Reduce Stress

- 1. Take a deep breath.** While inhaling, think “inhaling, one.” While you exhale, think, “exhaling, one.” Continue to inhale and exhale until you reach 10, and then return to one. Practice this exercise while seated and breathe from your stomach.
- 2. Laugh with your students.** Find ways to lighten your mood and the mood of your classroom. For example, have a joke of the day, sing silly songs, have a laughing contest, and celebrate birthdays with your class.
- 3. Make a list of your accomplishments both as an individual and a teacher.** If you are having a bad day, read your list and reflect on the positive things you have done.
- 4. Engage your senses.** Put something beautiful in your classroom that you can look at whenever you feel stressed. Consider adding your favorite picture on your desk, a plant that you can watch grow, or a piece of art. Drink some peppermint tea. Herbal scents can help lift your mood.
- 5. Remember why you teach.** Sometimes it is easy to feel frustrated by everyday hassles, or to feel overwhelmed with your job. Whenever these feelings come on, take a moment to remember why you started teaching in the first place and write down those reasons.

Students: 5-Step Mindfulness Activity

1. Sit in your chairs with both feet on the ground.
2. Take a few deep breaths and straighten your back to have good posture.
3. Drop your arms and hands to the side and shake them gently and easily.
4. Close your eyes and imagine a red balloon in front of you, reach out and gently grasp on to it with one hand, let it float into the air, and let it go. Now imagine it floating high into the sky. *(repeat steps slowly again with the other hand and use a different color balloon for imagery)*
5. Open your eyes and check in with students

Source: <http://www.clas.wayne.edu/emotionlab/Teacher-Stress-Reduction-Tips>