



Stress Management Exercises for Teachers

Focus on the Present Moment

Focus on what is happening right now for you, not what you have to do later today or tomorrow and not what you did earlier today or yesterday. Follow your own breath, in and out. Usually we can say, “Right now at this moment, all is well.”

- Think of a nice soft sound that will remind you to come back to the present moment when your mind does wander towards negative, stressful thoughts (e.g., play the chimes sound on your phone, or ring a bell that has a nice tone).
- Move from a **Stimulus ->Reaction** approach (how we generally respond) to **Stimulus->Mindfulness->Response** (which allows for a more thoughtful, intentional response to a student or a situation).

Take a Drink

Sip a glass of water or tea when you need to pause during the day. Focus on the sensations of the liquid hitting your lips and your mouth and going down your throat as you swallow. Taking a moment to divert your attention from an emotional sensation to a physical sensation can help your body relax and allow you to shift into a more positive mindset.

Journal Activity

Write your responses to these three prompts each morning to evoke positive emotion:

- “I am grateful for...”
- “I will let go of...”
- “I will focus on...”

