

RISE RESILIENT:

Tools for Educators to Combat Burnout

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GET CURIOUS AND CHALLENGE ASSUMPTIONS

- ASK: Does this work for me?
- ASK: Why do we do it this way?
- CHALLENGE: Instead of [this], I'd like to try [that].

EXPLORE HOW TO MODIFY A TASK

- What will make this work for you?
- How can you accomplish this in less time?
- Can you get support from others?

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IDENTIFY WHAT IS IN YOUR CONTROL

We don't have control over everything. Rather than focusing on what you can't control, shift your attention to what you CAN control and modify that component.

MINI-MOMENTS OF MINDFULNESS

Mindfulness doesn't have to be meditation. You can be mindful by:

- Pausing as you walk through a doorway to check-in with yourself
- Taking a deep breath each time you look at a specific image

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