

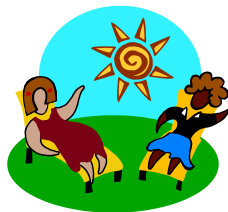


# Gateway to Success Teachers' Newsletter

## Taking a Moment to Catch your Breath

As a teacher your days and weeks become busy and full with all the things that need to get done. From grading homework to calling a parent back, you can forget about taking care of yourself physically and emotionally. Here are some things you can do to make sure that you are taking care of yourself.

- Get organized with a daily, weekly and monthly calendar. Write down the necessary things that need to be completed in that day so that you don't get overwhelmed with the little tasks.
- If you're having a rough day, seek out the kind ear of a colleague. Venting with your colleagues can help take the weight off of a troubling situation. Or, help out a colleague by being the kind ear. Sometimes, being there for someone else helps us to feel fulfilled.
- Eat breakfast and lunch. Don't forget that you need to fuel your body so that you have the energy to deal with each period.
- Take a walk, read a book or call a loved one on your break. Incorporate some relaxing activities throughout your day.
- Enjoy quiet time. When your students are supposed to be working silently, try to take a breath and enjoy the quiet.



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For more information contact the Director of Pupil Services (626) 943-3410

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