Your Well-Being

• **Join your local association/TSTA/NEA** today!

• Manage your time; teaching is time intensive; don’t let time get away from you.

• Advocate for you, your profession, and your students.

• Know whom to seek out for help with a student.

• Take time for you, your family, and friends. A well-rounded teacher is an effective teacher.

• Mingle with others. Don’t isolate yourself in your classroom.

• Know and understand what comes out of your paycheck.

• Understand your benefits and leave provisions.

• Maintain a healthy lifestyle. Get plenty of rest, stay hydrated, eat properly, exercise, and take a break from the work. Our brains need a break, too.

• Dress professionally; if you want to be treated like a professional, then look like a professional.