

Well-being Board for Teachers

Activities designed to help you take care of yourself and manage your stress in a time of social isolation

Mindful Movements



Search for a basic yoga or movement practice that you can follow along with to spend time stretching and breathing. There are a variety of mindful movement and yoga videos on YouTube that are short and easy to try for those who are new to either practice. [Click here](#) to view a sample 20-minute yoga practice designed to relieve stress and anxiety.

Escape into a Good Book



When was the last time you invested in yourself? Spend time reading a book or magazine for pleasure. Find a quiet spot in your home or outside to escape into the magic of reading. See if you can take at least 20 minutes a day to disconnect from technology and the outside world to connect to something you love. You are worth it!

Four-Legged Friends



If you have an animal in your home, spend 10-15 minutes giving your four-legged friend some love and attention. Snuggle, play, and enjoy connecting with your animal. If you don't have an animal, search YouTube for funny animal videos and remember that laughter is the best medicine.

Mindful Eating: Healthy Snack



How do you feel after eating a healthy meal or snack? Do you notice a difference in your energy levels or your ability to focus when you eat healthy foods? Find a new recipe online and spend time in the kitchen preparing a nutritious meal. When you finish, take a photo of your creation and share it on your favorite social media platform with a link to the online recipe. Hopefully, you'll inspire someone else to try a new recipe!

Daily Mindful Moments



Each day, set aside time for quiet reflection. Find a quiet spot in your home or outside. Make yourself physically comfortable. Begin by setting a timer for 3 minutes. Close your eyes and focus on your breathing. Try to clear your mind of thoughts. Each time a thought enters your mind, let it go. What was the experience like? What do you notice about how you feel? Was it challenging to let go of thoughts? As time passes, extend your mindful moment practice to 5 minutes, then 10 minutes. Train your brain to relax, reflect, and reduce the everyday stressors.

These Feet Were Made for Walking



Go for a brisk 20-30 walk around your neighborhood. Leave your phone at home and spend this time outside observing your surroundings. If you have access to green spaces, walk where you can "feel" like you are in nature. Notice flowers, trees, rocks, and other details around you. What do you see, hear, smell and feel? What do you notice that you had not seen before? New awakenings abound.

An Attitude of Gratitude



Begin a gratitude journal. Each night before bed or first thing in the morning, write down something that you are grateful for in your life. Describe how this thing is positively impacting your life. By engaging in this practice regularly, you develop an attitude of gratitude. What do you notice about the things that you are grateful for? Are there any patterns? How can you engage more often in things that make you happy?

Connect with Friends



Organize a virtual morning coffee or afternoon happy hour with some close friends using a video conferencing tool, like Facetime, Zoom, or Google Hangouts. Spend some time catching up and checking in with each other. How is everyone coping with life? What are they doing to pass the time at home? What are they missing most about life before social distancing? What do you look forward to doing the next time you are together in person?

Mindful Listening: The Magic of Music



Find or create a playlist that makes you happy. Spend some time by yourself listening to music that brings you joy or makes you feel better about life. If your music makes you want to dance, move around! You can also share your playlist with friends or family. Invite them to participate and share their favorite songs or playlists. You can even host a virtual dance party!