

The Frazzled Teacher's Wellness Plan

SECOND EDITION

For Abby

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A Five-Step Program for
Reclaiming Time, Managing Stress,
and Creating a Healthy Lifestyle

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Additions to the Second Edition

The Five-Step Program for Reclaiming Time gives all teachers the tools to be as productive as your talents will allow you to be. Stress is a national epidemic. Teacher burnout is an American tragedy, and if the combination of stress and teaching are inevitable, understanding your stress, predicting your most vulnerable times, and learning how to best cope will be a good defense. Of course, the best defense is prevention, but that is becoming more difficult, especially in the classroom environment.

The Frazzled Teacher is a five-step process that weaves you through what you need to know, do, and avoid. The book begins with defining the unique stressors associated with teaching and then walks you through how to prepare for, prevent, and deal with school-related stress. You will be taught to identify and separate the good from the bad types of stress.

Self-assessment tools, coping skills, and workbook sections are included. Exercise is always a must for stress relief, and our approaches are innovative and varied. There is definitely something for everyone. Exercise comes alive in this book. The final section is focused around the importance of balanced nutrition that is needed to be healthy and effective in life and in the classroom.