**Happy, Healthy Teachers**

**SCHOOL**

-Keep your environment uncluttered and neat – throw stuff away (SI)

-Keep it basic: Reading/Writing, Math, and Bible (SI)

-Use your current resources and situation to your advantage

-Don’t grade all the papers (SI)

-Delegate - ask others for help

-Set up boundaries

-Set up systems that put the pressure back on the parents and students

-Be specific and up front with expectations of students and parents

-Don’t worry about what others think

-Use time wisely

-Schedule specific times to check emails, voicemails, and other school-related tasks

-Take your hobbies with you into the classroom

-Make teaching a time to learn

-Have fun with the students

*(SI)=superintendent suggested*

**HOME/LIFESTYLE**

-Turn school “off” as you go home

-Have some down time

-Choose a hobby

-Spend time with others (happy, positive people)

-Spend time alone

-Enjoy and improve your family

-Keep an uncluttered, neat house (10 minutes a day are used looking for misplaced items, or about 1 hour a week)

-Maintain a strict sleep schedule

-Drink plenty of water

-Eat a healthy, balanced diet

-Exercise regularly

-Take fun vacations

-Maintain balanced finances

-Be content with life (Philippians 4:12-13)

-Do good for others (get your mind off yourself)

-Be spontaneous (celebrate the small things)

-Simplify life

-Dream life! (make a list of dreams and goals)

-Spend time in nature

-Be revived by God’s word (read it for yourself, and listen to others)

-Pray in all things

-Be positive (this will change your life)

-Think eternally

**“doing service, as to the Lord, and not to men”**

**Wellness Plan**

Spiritual-

Mental-

Physical-

Social-

Professional-

**Suggested Resources:**

-***The Total Money Makeover***by Dave Ramsey (financial peace)

-***In Defense of Food***by Michael Pollan and ***Ministry of Healing*** by Ellen White (powerful health principles)

-***Education***by Ellen White (professional rejuvenation)

-***Thoughts from the Mount of Blessing*** by Ellen White (deep study)

-www.**lifeandhealthnetwork**.org and App (health video presentations)

-www.**gycweb**.org (free sermons)

-www.**audioverse**.org (free sermons)

-www.**hopevideo**.com (free sermons)