



DAN TRICARICO

Self-Care for Stressed Teachers

Website: www.thezenteacher.com

Twitter: [@thezenteacher](https://twitter.com/thezenteacher)

Podcast: (Coming Soon) The Zen Teacher Experience

Facebook: facebook.com/thezenteacher

Instagram: [@ZenTeacher](https://www.instagram.com/ZenTeacher)

A little bit about Dan

- ❑ High School English teacher of 27 years.
- ❑ Author of [The Zen Teacher](#).

Teacher wellness is a crisis. No one is taking care of the teachers.

- If you want to sustain that arc of 30 years of teaching then we have to take care of ourselves.
- We have to realize that we aren't alone in our feelings of stress and burnout.
- Teachers are such givers that we are not only pouring from an empty cup but we often will give away the cup too.

How can we keep from burning the candle at both ends?

- Give yourself permission to take care of yourself.
- You need to learn to say no.
- Write yourself a physical permission slip to take time for yourself.

What if you are feeling like you can't take time for yourself because of circumstances at home or work?

- Start small with the 5-10-15 fast break approach.
 - Carve out 5, 10 or 15 minutes to do something quick to relax and decompress.
 - Just taking one breath can make a huge difference.

- TS+T=NH
 - Tiny Shifts + Time = New Habits

The power of stillness, silence, and solitude.

- Cell phones and devices are an addiction but one most of us fall victim to.
 - Try to intentionally resist the temptation to grab that device.
 - Practice the 5 Ss
 - Stillness, silence, subtraction, space, and slowing down.
 - Silence and stillness are key. Silence is the gift we give ourselves.
 - We don't have to buy into the "go, go, go" message that our society is pushing on us.
 - Look at your calendar and take out just one thing that will allow you some mental space when you're feeling stress.
 - There is an impulse to fill our world with "stuff".

"If we get rid of the junk then it creates space for the universe to bring us the good stuff."

- Austin Kleon speaks about the power of boredom.
 - Resist the impulse to grab your phone and just "sit".
 - It's possible that the device blocks the creative process that happens when the mind just wanders.

What can we do when we feel stressed?

- The Zen Practice is the activity we do where we get in the "flow" or the "zone" and we lose track of time.
 - Ask yourself where do you feel most in tune with the world, the universe, and yourself? Identify that place and try to get there more often.
- Give yourself permission to do something for yourself.
- Know that you're OK how you are.
- You're never going to have a perfect 50-50 work-life balance. Instead, try to create a harmony that is in alignment with your authentic value system.
 - Work and life are beginning to blend together more. It isn't an either/or.
 - Identify where you are in your career and what that means for you and your ability to say no.

Resources:

- [7 Self-Care Secrets for Stressed Out Teachers](#)

Related posts on the Ditch That Textbook blog:

- [The mesmerizing, attention-grabbing power of silence.](#)