

SAY *Yes!*

To accepting help.

To believing in yourself and your students.

To drinking lots of water and eating food
that makes you feel good.

To getting a good night's sleep.

To single-tasking, rather than multi-tasking.

To stepping away from the computer.

To putting your phone down.

To taking breaks.

To taking time for yourself, without shame.

To setting boundaries.

To "refilling your cup," however that looks for you.

To continue to practice self-care on a daily basis.

**SAY
NO**

To feelings of having to be perfect.

To negative self-talk.

To feeling guilty for "not doing enough."

To "should-ing" on yourself
("I should be working more,
I should be coming up with
better lesson plans, I should...").

To taking on a virtual or
in-person production,
or any other extracurricular event,
if you are not feeling
physically or mentally up to it.

(Decorative squiggle)