

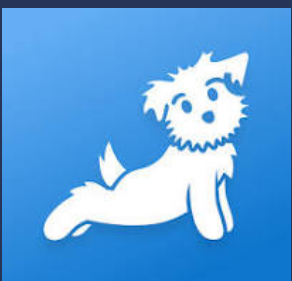
FREE TOOLS TO COMBAT TEACHER BURNOUT



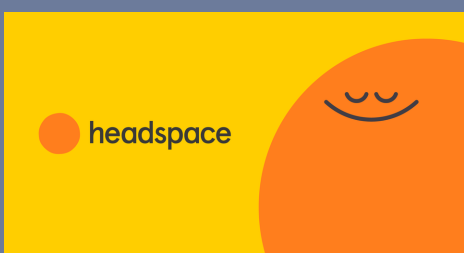
Our Employee Assistance Program is hosted through New Horizons. Our code is ARBenefits.



Pinterest Wellbeing offers free exercises and tools to help with stress and anxiety.



Down Dog offers free streaming customizable yoga, barre, HIIT, and meditation classes for teachers.



Headspace is free for educators: science based guided meditation, mindfulness, and stress relief.



Onward offers "resources, inspiration, and guidance on cultivating resilience" curated by educator, Elena Aquilar.



The Balanced Educator podcast and blog offer practical strategies for educators to maintain balance and calm.



"Prioritizing the mental health of teachers is not just about personal well-being. It's also about building a positive and supportive organizational culture within schools."

Lee Ann Rawlins Williams
clinical assistant professor of Rehabilitation and Human Services at
University of North Dakota

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