Record Nr. UNINA9910795901503321 Autore Queen J. Allen Titolo The frazzled teacher's wellness plan: a five-step program for reclaiming time, managing stress, and creating a healthy lifestyle / / J. Allen Queen, Patsy S. Queen Pubbl/distr/stampa Thousand Oaks, California:,: Corwin,, [2013] 2013 **ISBN** 1-4833-3215-2 1-5063-3573-X 1-4833-3216-0 Edizione [Second edition.] Descrizione fisica 1 online resource (xii, 107 pages): illustrations Gale eBooks Collana Disciplina 371.1 Soggetti Teachers - Health and hygiene - United States Teachers - Job stress - United States Teachers - Time management - United States Stress management - United States Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Description based upon print version of record. Nota di bibliografia Includes bibliographical references and index. ""Cover"": ""Contents""; ""Additions to the Second Edition""; Nota di contenuto ""Acknowledgments""; ""About the Authors""; ""Step 1 - Identifying Schools as a Culture of Stress""; ""Step 2 - Restructuring Personal and Teaching Priorities for a Healthy Lifestyle""; ""Step 3 - Mastering the Science of Stress Management for Better Health""; ""Step 4 - Arresting Time Bandits at Home and at School""; ""Step 5 - Using Nutrition to Support a Healthy Lifestyle""; ""References and Suggested Readings""; ""Index"" This handy wellness guide helps busy teachers optimize their Sommario/riassunto classroom effectiveness and breeze through stressful times. Custom crafted by an educator and a nurse who understand the stresses teachers face, this updated second edition offers a five-step program to help weary educators.