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Soggetti	Teachers - Job stress - Prevention Teachers - Mental health Teacher morale Teachers - Job satisfaction Self-care, Health Stress management Well-being EDUCATION / Professional Development EDUCATION / General SELF-HELP / Stress Management
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Sommario/riassunto	"Providing insights, ideas, strategies and compassion, this book offers a new way of looking at self-care for educators experiencing exhaustion and stress, or who may simply be feeling more tired than they should be. Drawing on personal experiences of burnout, as well as research in wellbeing literacy, self-care and positive psychology, Narelle Lemon presents a new framework for self-care. Designed especially for teachers, the framework is based on five key dimensions: self-compassion, mindful awareness, habits, time, and empowerment. Evidence-based and easy to follow, these dimensions scaffold the tools and strategies offered in the book, allowing the reader to create their own toolbox based on what resonates with them most. The toolbox is designed to be flexible, so the reader is encouraged to follow the

recommendations as closely as they wish, or to take inspiration for their own ideas, something that will shift and change over time. The practical tools in this book are further supported by reflective prompts, as well as opportunities for extension with tips for leaders, working groups and the education sector more broadly. Written by a teacher for teachers, this book gives you not only the tools but also the permission to look after yourself. It will show you that self-care is an act of self-love and self-compassion, and that it can empower by your self-care, reminding you that you need to care for you in order to care for others"

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