

Ten Stress-Busters for the Special Education Teacher

1. **SMILE** Fake it 'til you make it.
2. **BREATHE** Inhale for 5, hold for 4, exhale for 5, hold for 4, repeat.
3. **STRETCH** Loosen tight muscles with head rolls, toe touches and twists.
4. **AROMATHERAPY** Calm yourself breathing in your favorite scent.
5. **CONNECT** Form a special ed chat group. Call a loved one.
6. **WALK** Take a 5-minute break for a brisk walk around your school.
7. **DANCE** Put on your favorite song and rock out.
8. **LISTEN** Soothing sounds such as rain, crickets, waves or classical music.
9. **CHOCOLATE** Just a bite will do! Focus on the creamy, rich flavor as you let it slowly dissolve in your mouth.
10. **CHECKLIST** Prioritize and eliminate on a To Do List.