

# Taking Care of YOU

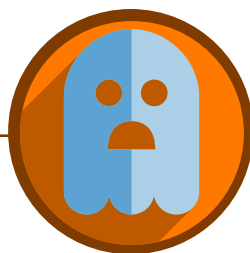
## 14 Stress-Busting Strategies to Help You Avoid Burnout



1 FLING AWAY TENSIONS SYMBOLICALLY

DON'T OBSESS ABOUT PAST SLIGHTS

2



3 USE GUIDED IMAGERY  
*(Picture yourself tossing stress in the trash!)*

EXPERIENCE FLASHES OF BEAUTY

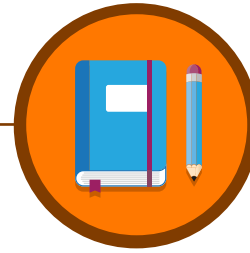
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5 APPRECIATE THE KINDNESSES OF THE CHILDREN YOU TEACH

KEEP A JOURNAL

6



7 CARRY OUT AN ACTIVITY THAT MAKES YOU FEEL COMPETENT

LET GO OF PERFECTIONISM

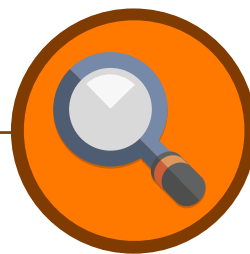
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9 PUT ON SOME MUSIC

CONSIDER THE MOTIVES BEHIND OTHERS' BEHAVIOR

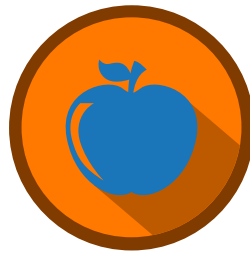
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11 NURTURE ANOTHER PERSON

GET ENOUGH SLEEP

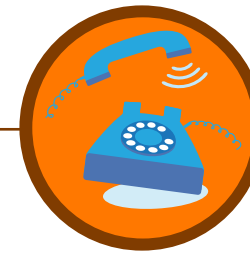
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13 FEED YOUR BODY RIGHT

CALL A FRIEND

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Adapted from  
*Little Kids, Big Worries*,  
by Alice Sterling Honig

