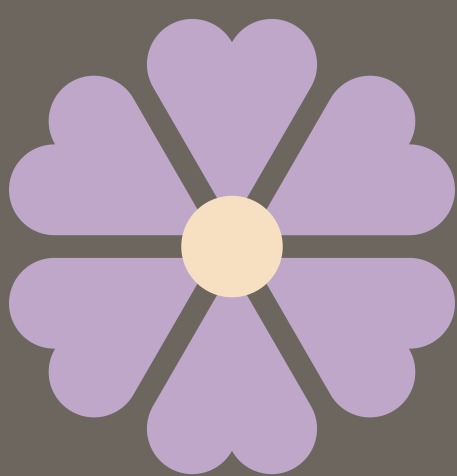




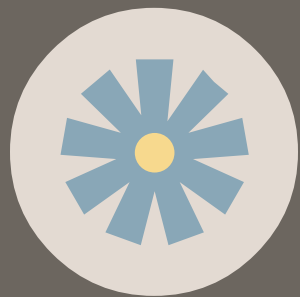
How to Stop

TEACHER BURNOUT



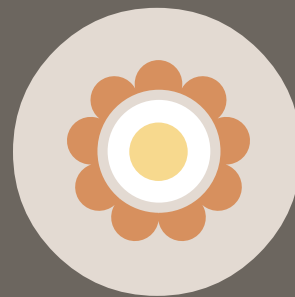
Burnout is a serious problem for teachers. These tips can help you avoid anxiety and stress.

- *Take time for yourself*
 - *Deal with anxiety*
 - *Improve your teaching skills*
 - *Be the change you want to see*
 - *Talk to senior management*
-



Stay Healthy

Keep fit, eat well and get plenty of rest. When you are physically strong, you feel better mentally.



Talk to someone

Don't suffer in silence. Find a trusted colleague or supervisor to share your concerns with.