**3 Health and Wellness Tips for Teachers Struggling to Keep Up With a Busy Schedule**



Image Source: [Pexels](https://www.pexels.com/photo/woman-in-brown-blazer-wearing-eyeglasses-5212682/)

Giving classes is only one of the many responsibilities of a teacher. Grading assignments, scheduling extracurricular activities, meeting with parents after school, and assisting students with special needs are some of the numerous additional day-to-day responsibilities teachers need to manage. Consistently handling these responsibilities understandably leads to burnout in the long run. This is supported by research conducted by the National Education Association, which [stated that up to 90%](https://www.nea.org/advocating-for-change/new-from-nea/survey-alarming-number-educators-may-soon-leave-profession) of educators are experiencing burnout. In this article by [Learner Centered Teaching](http://learnercenteredteaching.wordpress.com), we’ll explore a few tried and tested ways teachers can reduce stress and keep their mental and physical health in check.

**Getting Adequate Sleep**

According to the CDC, [adults require at least seven hours](https://www.cdc.gov/sleep/about_sleep/how_much_sleep.html) of sleep each night. Inadequate sleep can lead to a host of health issues, such as high blood pressure, diabetes, and lower immune function, which can result in an individual falling sick more often. Additionally, bad sleeping habits can make you feel sluggish during the day and negatively impact your attention span.

While burning the midnight oil has become a habit, it’s time to prioritize getting the rest you deserve. Here are the best strategies to develop a healthy sleep routine:

* [Avoid drinking caffeinated drinks post-afternoon](https://www.barniescoffee.com/blogs/blog/coffee-after-noon-how-does-it-affect-our-bodies)
* Stop using all electronic devices, such as your phone or laptop, at least an hour before going to bed
* Eat dinner at least two hours before bedtime
* Decide fixed times for going to bed and waking up. While this will take considerable effort, over time you’ll develop a healthy circadian rhythm and feel active, attentive, and sharp during the day.

**Practicing Meditation**

It’s safe to assume that you’ve heard about the benefits of meditation. Now it is time to experience them first-hand. As reported by Mayo Clinic, including meditation as part of your daily routine [provides a range of benefits](https://www.mayoclinic.org/tests-procedures/meditation/in-depth/meditation/art-20045858) such as:

* Significant reduction in stress levels
* Improvement in sleep quality resulting in better performance at work
* Better control over thoughts and emotions allows you to become self-aware and keep stressful thoughts in check
* Increased patience and tolerance help you tackle stressful situations better than before

As a beginner, here are the best medication techniques to explore:

* **Guided Meditation:** This technique involves individuals listening to a recording that guides them on the actions they should take to achieve a peaceful state of mind. There are [various free mobile applications](https://www.verywellmind.com/best-meditation-apps-4767322) and websites offering guided meditation.

* **Mantra Meditation:** This type of meditation involves consistently repeating a “mantra,” which can be a word or a chant. The goal of mantra meditation is to train your mind to keep stressful thoughts at bay and focus on the present. In addition to meditating at home, this technique can be used anytime you’re facing a stressful situation, whether it be teaching a new class, giving a seminar, etc.

**Living an Active Lifestyle**

As an adult, you require a minimum of 150 minutes of physical activity per week. As a teacher, you understandably have a busy schedule, however, being physically active is easier than you think. Here are a few ways to include exercise in your daily routine:

* **Walk Everywhere:** Walking is the simplest exercise to include in your routine that provides a range of benefits, such as stronger muscles, improved cardiovascular fitness, and reduced joint pain. Daily, you should aim to complete at least 10,000 steps which can be achieved by walking to work instead of taking the bus, climbing stairs rather than using the elevator, and including a [brisk walk around your neighborhood](https://www.zenbusiness.com/blog/10000-steps-workday/) to wind down after a long day of work.

* **Learn HIIT:** High-intensity interval training is a type of workout that needs to be completed within a short period (20-30 minutes). Common exercises include push-ups, squats, lunges, high knees, and burpees. Given the minimal time investment, HIIT can [find a spot in any busy schedule](https://www.sweat.com/blogs/fitness/hiit-for-beginners). You can opt to exercise before breakfast and have an active start to the day or save it for the evening to disassociate from work-related stress and tire your body into sleeping early.

Making these lifestyle changes understandably takes time and effort. The best strategy will be to start with simple options such as completing 10,000 daily steps and practicing meditation.