

# Wellness Tips for Educators

Enhance your well-being and productivity today

## Mindful Moment

✦ Take a mindful moment – pause, breathe deeply, and reset to regain focus and clarity throughout your day.

## Connect Colleague

👋 Connect with a colleague – a quick chat can lift your mood and strengthen your support network.

## Move Body

🚶 Move your body – even a short walk clears the mind and boosts your energy levels effectively.



**Together, we thrive and inspire each other!**