

Improving your well-being
in the classroom and out
just got easier
thanks to THE

ABC's of Wellness for TEACHERS

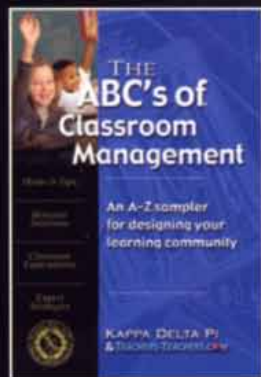
How can you keep your balance and stay healthy in the midst of all the demands of teaching? With its quick tips for making wellness a regular part of your day, this alphabetical guide will help you:

- improve your habits,
- maintain a positive outlook,
- reduce your chances of getting sick,
- take control over your own happiness,
- protect your time,
- rejuvenate your passion for teaching,
- avoid stress and learn to relax, and
- visualize a successful outcome.

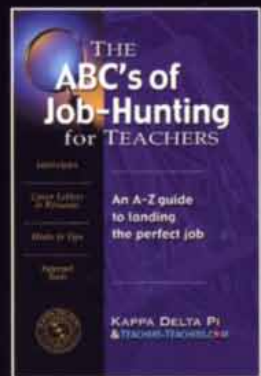
Also discover expert advice and samples:

- Wellness Dimension Self-Assessment
- Tips for increasing physical activity
- Reframing technique
- Saving quality time with loved ones
- How to look and feel professional
- Tools for rating your wellness

Education, Teaching, Health



Whether you are a recent college graduate, a beginning teacher, or an experienced professional, the ABC's series from Kappa Delta Pi gives you the quick, expert advice and tips you need to be the successful teacher you want to be.



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www.kdp.org

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