**Making a plan that works for me**

# 1- Comparing non-teaching days with workplace teaching stressors

**1-A. Non-teaching days to workplace teaching stressors, from your experience**

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**1-B. From the list above, everyday workplace teaching stressors that may be intensified during a crisis with another person**

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**1-C. Stressors that are unique to teaching**

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**1-D. From the 3 previous tables, the teaching stressors likely to affect you the most**

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# 2- Dealing with Stressors

**2-A. My identified stressors:**

Refer to previous page.

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**2-B. My usual stress relief practices:**

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**2-C. Additional stress relief practices for difficult situations:**

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# 3- Making a Self Care Plan to dealing with teaching stressors

**2-A. In order to deal with my teaching stressors, I will do the following things on a regular basis to build my resilience and reduce my stress:**

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**2-B. My daily stress reduction routine:**

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**2-C. My stress routine when dealing with difficult situations:**

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