

7 ways to feel good this school year



Here are seven evidence-based strategies you can try this school year to feel good and manage burnout. For more on these check out '*Burnout — the secret to solving the stress cycle*' by Emily and Amelia Nagoski.



1 Move

Run, swim, dance
(whatever you enjoy!)



2 Social interaction

Talking to colleagues can help boost our mood and reassure us that the world is a safe place to live.



3 Connect with others

Speaking to someone with whom you share a special connection can make a huge difference to how you feel.



4 Breathe

Deep, slow breaths can help regulate the stress response.



5 Sleep

A full, uninterrupted night's sleep can be a great tool in the fight against stress.



6 Cry

Crying after a stressful event is proven to help by releasing feel good hormones.



7 Get creative

Engaging in a creative activity you leads to more energy, excitement, and enthusiasm.