

Stress Relievers for Tired ESL Teachers (sorry all the cool pictures are not on the handout!)
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These ideas were gathered at an early morning brainstorming session at the National TESOL Convention in San Antonio in 2005. I decided they were worth sharing again. I've got them posted on my office wall to remind myself to 'chill' when work gets to stressful.

1. **Keep Your Sense of Humor**
 - Remember that no one is in teaching for the money!
2. **Make Music**
 - Sing, both in and out of class
 - Join a musical group
 - Dance around your house
 - Play a favorite instrument
3. **Chill**
 - Watch reality t.v.
 - Read trashy novels or magazines
 - Work crossword puzzles
 - Play video or computer games
4. **Exercise!**
 - Tai chi
 - Yoga
 - Walk
 - Jog
 - Dance
5. **Give Yourself Permission to Not Be Perfect**
 - Learn to say 'no'
6. **Vent!**
 - Only vent one time/day and to different people
 - Be mindful of negative energy; avoid it
7. **Write!**
 - Keep a journal
 - Write a letter, rip it up and throw it away
8. **Connect with Peers**
 - Network
 - Ask for help and ideas
9. **Center Yourself When Class Starts**
 - Let students be more independent
 - Teach students independence
10. **Leave When You Are Supposed To**
 - Make and take "me" time
11. **Dwell on the Positive**
 - Find a moment each day that brings you peace
12. **Communicate with your bosses and community**
 - Be active in the organization
 - Educate your bosses