

Sticky Note Mental Well-Being Guide for Teachers

As a teacher, your mental well-being matters—not just for your students, but for YOU. This simple guide will help you reflect and write your own personal definition of mental well-being—something you can carry with you into the classroom and beyond.

 Grab a Sticky Note!

 Start with Reflection:

- What does it feel like when I'm mentally well—physically, emotionally, and spiritually?
- What helps me reset when I'm overwhelmed or discouraged at work?
- How do I know when I'm moving out of alignment with my well-being?
- What role do faith, gratitude, or community play in my mental health?
- What kind of thoughts or phrases help me stay grounded during chaos?

 Write Your Definition:

Now, use your reflections to finish this sentence in your own words:

Mental well-being means...

Keep your definition somewhere you'll see it daily—on your desk, mirror, or planner. Let it serve as your compass throughout the school year. Because you deserve well-being—not just on weekends, not just in the summer—every day.

Share your success story with me: tamiwest@tamiwest.com



AUTHOR | SPEAKER | TRAINER
P: 615.497.7714

tamiwest@tamiwest.com | www.tamiwest.com
www.facebook.com/TamiWestSeminars www.twitter.com/TamiWest www.linkedin.com/in/tamiwest/