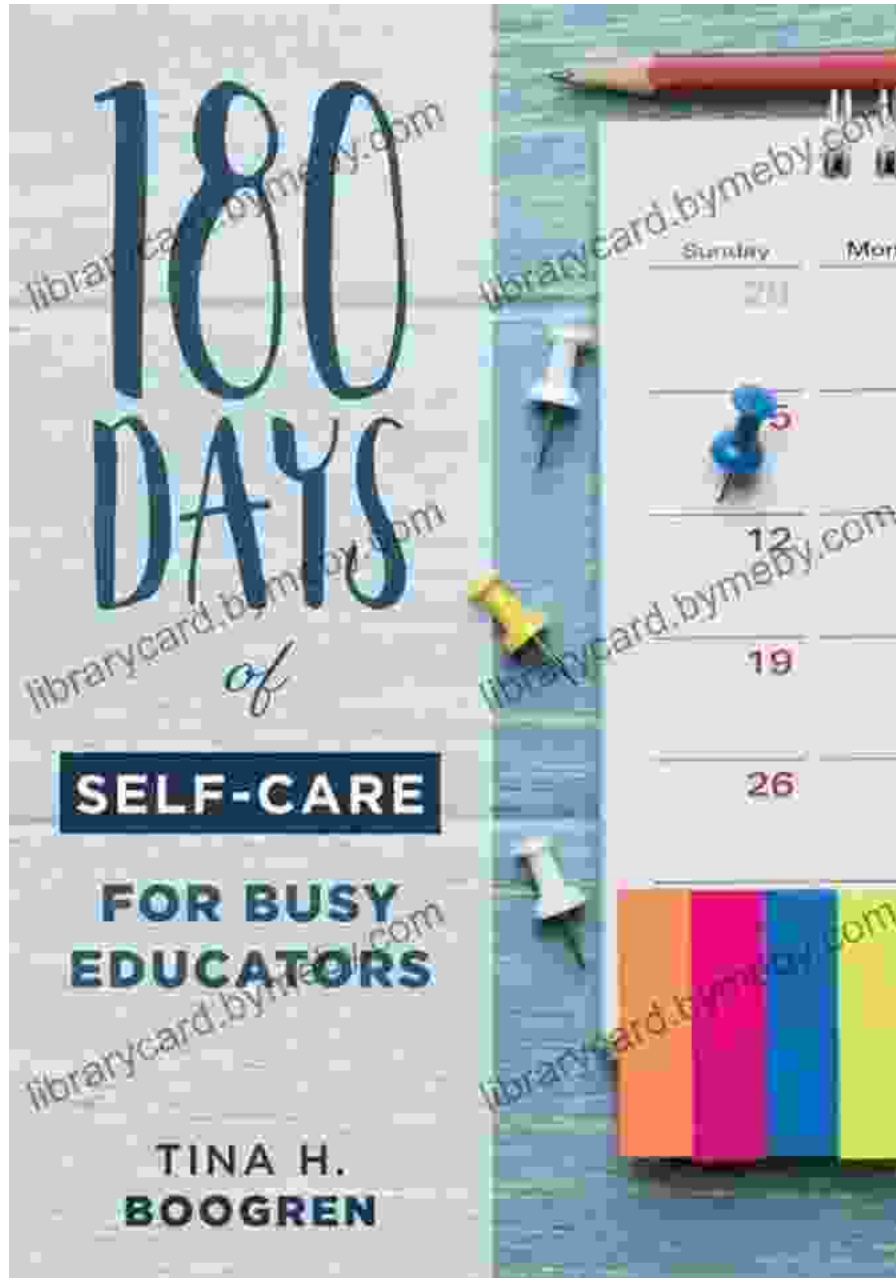
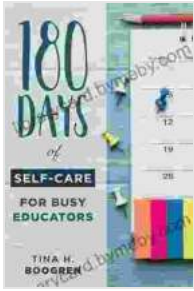


180 Days of Self-Care for Busy Educators: A Journey to Prioritize Your Well-being



180 Days of Self-Care for Busy Educators: (A 36-Week Plan of Low-Cost Self-Care for Teachers and Educators) by Tina H. Boogren

★★★★☆ 4.7 out of 5



Language	: English
File size	: 2433 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 176 pages
X-Ray for textbooks	: Enabled



As an educator, you give your all to your students, your colleagues, and your administrators. But who's there to take care of you?

In *180 Days of Self-Care for Busy Educators*, author and educator Julia Simkus provides a practical and inspiring guide to help you prioritize your well-being and cultivate a sustainable life both inside and outside the classroom.

With daily reflections, activities, and expert advice, this book will help you:

* Identify your needs and set boundaries * Manage stress and anxiety *
Improve your sleep habits * Nourish your body and mind * Find joy and fulfillment in your work

Key Features

* 180 daily reflections and activities to help you prioritize your well-being *
Expert advice from educators, psychologists, and health professionals *
Real-life stories from busy educators who have successfully implemented self-care practices * A comprehensive resource section with additional tips and tools

What Readers Are Saying

"180 Days of Self-Care for Busy Educators is a must-read for any educator who wants to prioritize their well-being and create a sustainable life. Julia Simkus provides practical and inspiring advice that will help you manage stress, improve your sleep, and find joy in your work." - **Dr. Jessica Lahey, author of *The Gift of Failure***

"This book is a lifeline for busy educators. It's full of practical tips and strategies that will help you take care of yourself and create a more balanced and fulfilling life." - **Adam Welcome, teacher and author of *The Power of One***

"Julia Simkus has written a much-needed book for educators. 180 Days of Self-Care for Busy Educators is a practical and inspiring guide that will help you put your own needs first." - **Kelly Gallagher, teacher and author of *Readicide***

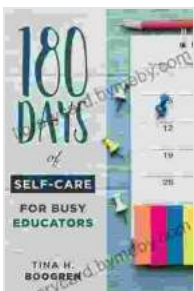
Free Download Your Copy Today

180 Days of Self-Care for Busy Educators is available now from Our Book Library, Barnes & Noble, and all other major retailers.



About the Author

Julia Simkus is a veteran educator, national speaker, and the founder of the website Manly Manners. She is passionate about helping educators find joy and fulfillment in their work. Julia lives in the suburbs of Chicago with her husband and two children.



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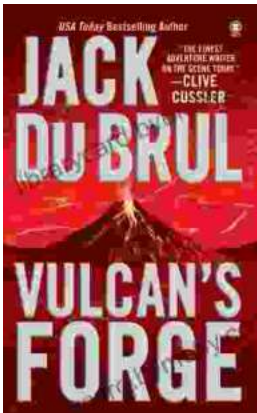
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