

Your Well-Being



FOR ASSISTANCE
1-877-ASK-TSTA

www.tsta.org

TSTA
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Austin, Texas 78759
1-800-324-8782

- **Join your local association/TSTA/NEA** today!
- Manage your time; teaching is time intensive; don't let time get away from you.
- Advocate for you, your profession, and your students.
- Know whom to seek out for help with a student.
- Take time for you, your family, and friends. A well-rounded teacher is an effective teacher.
- Mingle with others. Don't isolate yourself in your classroom.
- Know and understand what comes out of your paycheck.
- Understand your benefits and leave provisions.
- Maintain a healthy lifestyle. Get plenty of rest, stay hydrated, eat properly, exercise, and take a break from the work. Our brains need a break, too.
- Dress professionally; if you want to be treated like a professional, then look like a professional.