



The Frazzled Teacher's Wellness Plan: A Five-Step Program for Reclaiming Time, Managing Stress, and Creating a Healthy Lifestyle

J. (James) Allen Queen, Patsy S. Queen

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Boost teacher retention and help banish classroom burnout with this expert guide!

This handy wellness guide helps busy teachers optimize their classroom effectiveness and breeze through stressful times. Custom crafted by an educator and a nurse who understand the stresses teachers face, this updated second edition offers a five-step program to help weary educators:

- Master the science of stress management
- Restructure professional and personal priorities
- Use technology for time management
- Easily fit health-promoting nutrition and exercise routines into their day

New research and expert tips address high-stakes CCSS, 21st Century Learning initiatives, and technology requirements.

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