

**Remind yourself you are not alone!
Every teacher deals with burnout,
and it does not mean you're a
bad teacher.**

Reach out to colleagues at school. Veteran teachers may have tips for overcoming burnout—or share their own inspiring stories of burning out and bouncing back.

Cultivate—and stay in touch with—a PLN (professional learning network). Colleagues on social media can offer a set of supportive ears for venting and problem solving.