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## Get Organized

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It sounds basic, but it helps! Box breathing, going on a walk, close your eyes and body scan. It will help release stress.



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Fellow educators can offer advice, share resources, and answer questions. Build relationships with ALL school staff.



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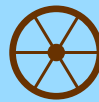
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Ask fellow teachers for resources, use Teachers Pay Teachers, use ChatGPT



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Think about what worked and what didn't take notes, change things.



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Get support when and how you need it. Sometimes it's hard to ask, but you can't do it all on your own!



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Turn off your school brain after contract hours and live your life! It can be done tomorrow.



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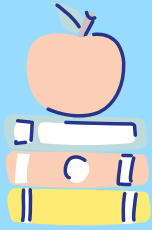
## Remember Your "Why"

Your students rely on you and trust you to give them the knowledge they need to succeed, so even when things are hard, you can and will make a difference.

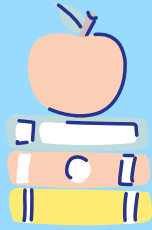


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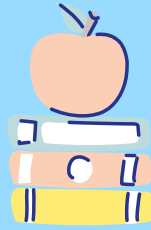
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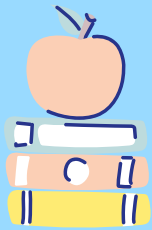
First Year Flip



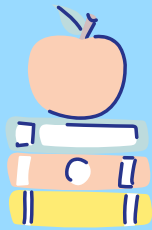
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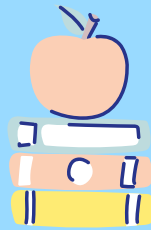
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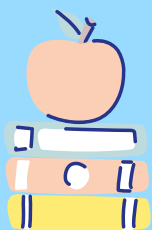
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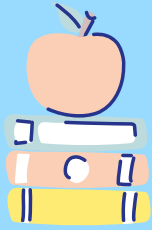
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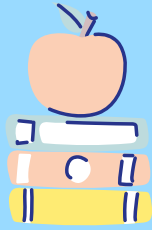
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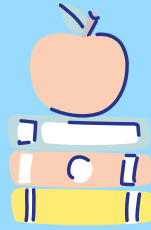
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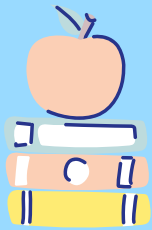
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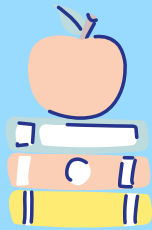
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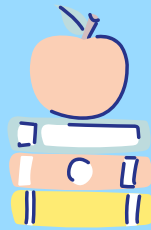
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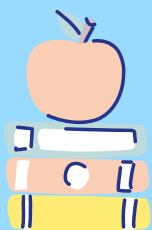
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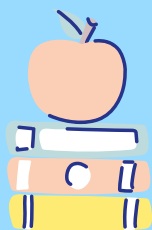
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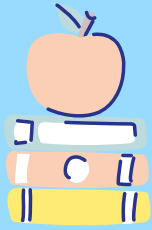
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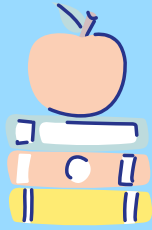
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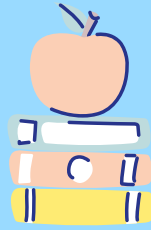
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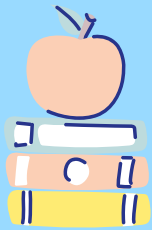
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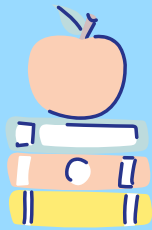
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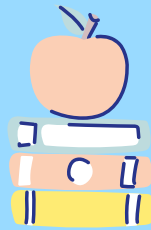
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