



# First Aid for Teacher Burnout: How You Can Find Peace and Success

*Jenny Grant Rankin*

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Offering clear strategies rooted in research and expert recommendations, *First Aid for Teacher Burnout* empowers teachers to prevent and recover from burnout while finding success at work. Each chapter explores a different common cause of teacher burnout and provides takeaway strategies and realistic tips. Chapter coverage includes fighting low morale, diminishing stress, streamlining grading, reducing workload, leveraging collaboration, avoiding monotony, using technology to your advantage, managing classroom behavior, advocating for support from your administration, securing the help of parents and community, and more. Full of reflection exercises, confessions from real teachers, and veteran teacher tips, this accessible book provides easy-to-implement steps for alleviating burnout problems so you can enjoy peace and success in your teaching.

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