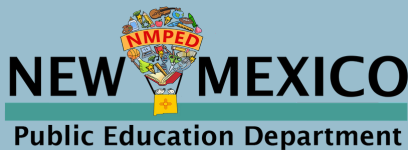




Happy Holidays

Wishing you peace & joy from the



- **A message from Secretary Ryan Stewart**
- **Teacher Wellness Resources**





A Message From Ryan Stewart

New Mexico Public Education Secretary

December 17, 2020

Dear New Mexico educators,

Happy holidays! As we come to the end of this historic and arduous year, I want to express my profound gratitude to each of you for your immense efforts, your incredible ingenuity and your remarkable commitment to keeping New Mexico's children learning during a global pandemic.

I know how you scrambled to reach and support our students when schools closed last spring; I know how you struggled to master the digital tools you suddenly needed for remote teaching; and I know that all of you made extraordinary efforts to be there each and every day for your students regardless of your learning model. May you always be remembered among the heroes of this pandemic by your grateful state.

Please use the approaching winter break to rest and recharge by doing whatever brings you the peace and joy you so richly deserve. The work you have so well embraced will be back soon enough. And once classwork resumes, don't forget to take time for yourself, ask for help when you need it and use the resources available to you whenever possible.

My warmest wishes to you and your families for a safe and happy holiday season filled with joy -- and plenty of New Mexico chile and biscochitos!

Sincerely,





Wellness for Teachers

RESOURCES TO GUIDE SELF-CARE

NMPED has heard from teachers around the state that making time for themselves makes a difference. We also know that some of us need a little nudge with filling our own bucket. Here are some resources to help. We hope that something from the list sings to your teacher heart.

Achieving Wellness Through Creativity, Mindfulness, & Reflection

Being creative during these times of uncertainty due to the global pandemic can provide a sense of purpose. Inspired by the Everyone Can Create Guides from Apple, these activities are designed for anyone willing to explore the creative tools on the iPad or MacBook. Tamara Aragon and Rose Trujillo of Albuquerque Public Schools created this book that is free from the Apple Book Store.

The Happy Teacher Revolution

Join the revolution! Created by teachers in Baltimore, this movement has a mission of supporting the mental health and wellness of education professionals. This platform offers a social framework and tools for helping avoid burnout.

The Teacher Self-Care Podcast

Real conversation about teacher self-care. What does it look like for teachers on the front line? There are 30 episodes available.

Healthy, Happy Teacher Podcast

This podcast is dedicated to helping teachers feel better from the inside out! Every episode is full of whimsical antics and good times while dishing out health and wellness advice.

Truth for Teachers Podcast

This podcast speaks to life, encouragement, and truth into the minds and hearts of educators.



[*Teaching Well Blog*](#)

Learn how to reduce stress and burnout while increasing health and well-being inside and outside of the classroom.

[*Gratitude Journal*](#)

Keeping a journal of things you're grateful for has been shown to have a powerful effect on mental wellness.

[*CASEL Self-Care*](#)

This includes a list of websites and resources for teacher wellness.

[*Mindful Teachers*](#)

Tips, links, reflections, and mindfulness practices to help educators cope with common challenges.

[*Edutopia Teacher Wellness*](#)

Explore self-care strategies to battle teacher burnout and bring excitement and creativity back into your classroom.

[*Care for Coronavirus Anxiety*](#)

This website offers resources for anxiety and your mental health in a global climate of uncertainty.

[*Education Leadership Magazine*](#)

The December issue focuses on mental health and is free to educators through the end of the month.

[*Breathe for Change*](#)

Here educators can access on-demand guided videos for meditation and yoga.