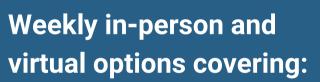


## STRESS & BURNOUT BUSTING EDUCATOR EDITION

Struggling with stress? Facing burnout or empathy fatigue? Looking for ways to connect with your peers and develop healthy self-care strategies that help you feel fulfilled as an educator-- and a human? Join FSC for three FREE weekly, confidential psychoeducation groups.

**Sessions start February 12th!** 



- The science behind burnout-and how to break the cycle
- Evidence-based approaches to stress reduction
- Taking self-care beyond pedicures and yoga class



- The ways stress impacts our our bodies and health
- How small, sustainable lifestyle changes stop stress in its tracks
- Strategies you can use (and teach your students!) to improve emotional regulation



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