



## ***Sustainable teaching***

*is the process of fostering self-compassion and renewal in educators who support the growth and development of students in turn.*

*Sustainable teaching puts **educators first** with the goal of creating a collaborative community that values an integrated approach to education and enables all participants to thrive.*

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### **Components of sustainable teaching include:**

- Cultivating self-compassion and a gracious mindset toward others
- Acknowledging and embracing our own vulnerability
- Recognizing limits and stressors, then setting boundaries so that we don't exhaust our resources
- Developing a repertoire of mindfulness practices and actually using them to build personal resilience and professional longevity
- Reserving space for self-care, play, and laughter
- Creating and actively participating in a support system for personal and professional growth
- Identifying allies who will advocate on our behalf and help us locate and leverage resources to enable our professional longevity
- Modeling for all stakeholders, including our students, how to live and work sustainably