

PREVENTION PLAYBOOK

JUNE 2024

Summer is finally here and we all have time to breathe and decompress from another whirlwind year of advocating and empowering! According to a 2022 **Gallup poll**, K-12 teachers are the most burned-out profession in the U.S. So, taking the summer months to **address the year's stress is a must strategically.**

If you are like us, after a week or so of sipping lemonade by the pool, you might start getting the itch to plan for another successful year. Here are some **tips** on how School Counselors can prepare for the next academic year during the summer.

There are also some useful **tips** on beefing up anti-bullying efforts for your schools. You can also find free **evidence-based resources** that may help address workplace stress and promote educator well-being.

And, let's not forget about our school administrators. The work is tough all around and they need to **have a strategy of their own** to reduce stress – as it only makes you a better leader and able to serve your staff and students well.

Hopefully, some of these will give you the opportunity to come back for the new school year relaxed and refreshed! Positive foundations are the backbone of effective prevention!!

