

Educator Well-being Tracker

Post-Election Period Support Tool

DAILY CHECK-IN LOG

Date:

MORNING PREPARATION

Before Starting the School Day

Energy Level: 1 2 3 4 5

News Exposure Minutes: _____

Morning Mindfulness: Completed

HALT+ Check:

- H - Hungry
 - A - Angry
 - L - Lonely
 - T - Tired
 - + Mindful Breath Taken
-

DURING SCHOOL HOURS

Emotional State & Intervention Tracking

Time Block: 8:00-10:00

Emotional State (1-5): _____

Challenging Situations: _____

Strategies Used: _____

Outcome: _____

Time Block: 10:00-12:00

Emotional State (1-5): _____

Challenging Situations: _____

Strategies Used: _____

Outcome: _____

Time Block: 12:00-2:00

Emotional State (1-5): _____

Challenging Situations: _____

Strategies Used: _____

Outcome: _____

Time Block: 2:00-4:00

Emotional State (1-5): _____

Challenging Situations: _____

Strategies Used: _____

Outcome: _____

 **SELF-CARE ACTIONS**

Check all completed today:

- Walking break
- Lunch away from desk
- Connected with colleague
- Used "politics-free zone"
- Mindful breathing practice
- Other: _____



BOUNDARY MANAGEMENT

Political discussions managed: _____

Successfully redirected to resources: _____

Required additional support: _____

Follow-up needed: _____



END OF DAY REFLECTION

Overall stress level: ○ 1 ○ 2 ○ 3 ○ 4 ○ 5

Most effective strategy today:

Area for improvement tomorrow:

Evening self-care plan:



WEEKLY SUMMARY

Week of: _____

Progress Tracking

Information Management (Mark days achieved):

M ___ T ___ W ___ Th ___ F ___

Mindful Presence (Mark days achieved):

M ___ T ___ W ___ Th ___ F ___

Professional Support:

- Care circle attended
- Mentor meeting completed
- Resource sharing done

MONTHLY GOALS

Month: _____

Professional Development:

1. _____
2. _____
3. _____

Self-Care:

1. _____
2. _____
3. _____

Support Network:

1. _____
 2. _____
 3. _____
-

IMPORTANT CONTACTS

School Counselor: _____

Phone: _____ Email: _____

Administrator: _____

Phone: _____ Email: _____

Mentor: _____

Phone: _____ Email: _____

Crisis Support: _____

Phone: _____ Email: _____



NOTES & REFLECTIONS

Remember: Your well-being is essential for supporting your students effectively

Political discussions managed: _____

Successfully redirected to resources: _____

Required additional support: _____

Follow-up needed: _____