

ANCHOR INSIGHTS



With Dr. Danielle!

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Teacher Wellness: July's Gentle Reminder to Rest

As the calendar turns toward the end of July, many educators begin to feel it.

It's hard to explain unless you've lived it.

There's a quiet mix of emotions—anticipation, excitement, curiosity, and yes...a little anxiety. A new school year is just around the corner. New students. New personalities. New opportunities. New challenges.

After 34 years in education, I still feel it.

Yet every single year, I begin with the same mindset:

This is going to be a great school year.

I truly believe that most teachers don't walk into their classrooms simply because it's a job. We enter our schools each morning believing we can make a difference. Every lesson, every conversation, every encouraging word, every smile, every moment—we hope it helps shape a child's future.

Whether we teach reading, mathematics, science, social studies, literacy, music, art, or physical education, we understand something many people outside education may never fully see:

We are helping shape tomorrow.

We are teaching future doctors, mechanics, nurses, engineers, artists, entrepreneurs, military members, parents, community leaders, and compassionate citizens.

That responsibility is both an incredible privilege and a tremendous weight.

Yes, today's children are different than they were decades ago. Their needs have changed. Many students carry emotional burdens, anxiety, trauma, and challenges that extend far beyond academics. Teaching today requires not only instructional expertise but also patience, compassion, flexibility, and an enormous amount of heart.

I only wish more people truly understood what educators bring to this country every single day.

We don't simply teach subjects.

We inspire hope.

We build confidence.

We encourage perseverance.

We help children believe in themselves.

And we do it because we care.

So before the school supplies fill your shopping cart...

Before lesson plans begin filling your evenings...

Before classroom furniture gets rearranged...

Pause.

The school year will come soon enough.

Today is still yours.

Spend time with your family.

Read the book that's been sitting on your nightstand.

Take the walk.

Laugh with friends.

Sleep in.

Visit somewhere new.

Sit quietly with a cup of coffee.

Do something that fills **your** cup.

Because when educators take care of themselves, they are better able to care for everyone else.

As author Parker J. Palmer wisely said:

"Self-care is never a selfish act—it is simply good stewardship of the only gift I have, the gift I was put on earth to offer others."

As July draws to a close, give yourself permission to embrace this season of rest without guilt.

You have earned it.

And when the first day of school arrives, you'll walk through those classroom doors ready to do what you've always done—give your students your very best.

Until then...

Rest. Relax. Rejuvenate. Repeat.

With much respect,

Dr. Danielle