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Magazine

SAMPLE ISSUE

Work/Life Balance and Wellness

Ten Mindfulness Strategies for Educators  06

IN PURSUIT OF THE BALANCED LIFE  09

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Helping Ourselves

It’s all over the news and social media: Teachers feel disrespected, undervalued, and more stressed than the average U.S. worker. Is this an outcome of our current political environment? Of mandated curriculum and standardized tests? Of an increase in issues students (and educators) bring to the schoolhouse? Regardless of the cause, the stress is real. So, what do we do about it?

In this issue, we focus on stress brought on by work-life balance that’s off-kilter. Our authors validate many of your daily concerns and share specific strategies to help you minimize stress and focus on your health and happiness. And what you do to help yourself can also help your students. A teacher who comes to class stressed can affect learning; students can usually tell when we’re not ourselves, which can be distracting and discouraging for them. The strategies offered here are developed for educators, but many can also be shared as-is or adapted for use by students to help mitigate the stresses in their lives. And I know you are well-aware that many of our students are overly stressed, too.

As we ring in the new year with this issue, we also welcome Washington Post columnist Phyllis Fagell, who is authoring the new column, “The Meaningful Middle,” for AMLE Magazine. Fagell brings extensive experience working with public and private middle schools on issues such as learning styles, mindfulness, working with families, handling social drama, and yes, you guessed it, work-life balance, amongst dozens of other concerns. You’ll want to watch her column. It’s sure to become a favorite.

If you’re looking to share your successes, challenges, ideas, and opinions, I welcome and encourage you to submit to AMLE Newsletter (500-1000 words) or AMLE Magazine (800-1500 words, guidelines at www.amle.org/magazine). Here’s to a successful 2018!

April Tibbles, Editor
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