



# Mindful Choice Board



Feeling stressed? Take a minute to focus on you.

## Be kind to yourself.

Is your inner voice getting you down? Learn how to acknowledge your stress. A short video and some wise words will help.

[follettk12.link/compassion](https://follettk12.link/compassion)

## Lean on someone for help.

Most people don't like to announce that they're struggling. Learn how doing so can help you grow. Watch this TED Talk for inspiration.

[follettk12.link/askforhelp](https://follettk12.link/askforhelp)



## How mindful are you?

Practice mindfulness. Take this quiz to see how mindful you are.

[follettk12.link/howmindful](https://follettk12.link/howmindful)



## Take your career to a new level.

Are you frustrated that your voice isn't being heard? Learn how educator Carrie Friday became her own advocate and got a seat at the table.

[follettk12.link/learnhow](https://follettk12.link/learnhow)



## Bad day getting you down?

It's OK to admit that your day is not one you'd like to repeat. That doesn't mean you need to blame yourself. Take advice from author Jessika von Innerebner who shares what she does when she has a bad day.

[follettk12.link/badday](https://follettk12.link/badday)



## Model emotion labeling for your students.

Observe and name your own emotions to teach students how to deal with frustration, stress, or uncertainty in a healthy way. The simple act of recognizing and naming an emotion can reduce negative feelings.

[follettk12.link/unstuck](https://follettk12.link/unstuck)

## Bridge differences to enrich your outlook.

The Us vs. Them mentality is enmeshed in our lives. Take this quiz to reveal how you connect with different kinds of people.

[follettk12.link/bridge](https://follettk12.link/bridge)



## Test your emotional intelligence.

You may be able to manage your emotions, but can you recognize other people's? This quiz from Greater Good Magazine will let you know how well you can read people.

[follettk12.link/eiquiz](https://follettk12.link/eiquiz)

## Master these four habits.

We all have goals that we keep carrying over. Read about these four habits that will help you achieve your goals – one TED talk at a time.

[follettk12.link/reach](https://follettk12.link/reach)