

Mirror Messages for Staff Well-Being



Purpose: These mirror messages are small, meaningful reminders designed to uplift and support teachers' well-being throughout the school day, especially during the busy start of the new year.

How to Use Them:

- **Print & Cut:** Print the mirror messages on cardstock or colored paper. Cut them into individual cards or slips.
- **Post in Key Locations:** Place them where teachers naturally pause during the day:
 - Staff lounge mirrors
 - Bathroom mirrors
 - Teacher workroom counters
 - Inside lockers or cabinet doors
 - Beside clocks, light switches, or hand sanitizer stations
- **Rotate Weekly or Biweekly:** Keep it fresh! Change out the messages every week or two. Consider assigning this task to a wellness team or rotating staff volunteer.
- **Create a "Take One" Station:** Set up a small basket or bulletin board with extra printed messages. Label it: "Take what you need today." Encourage staff to grab a message that speaks to them.
- **Invite Participation:** Encourage teachers to write their own affirmations or share uplifting quotes. Display them alongside the originals or feature a "staff pick" each week.
- **Pair with Wellness Challenges:** Combine mirror messages with a staff wellness challenge or self-care bingo board for added engagement and momentum.
- **Optional Touch:** Include a small sticky note or dry-erase marker nearby so staff can add their own affirmations or notes of encouragement for each other!

Mirror Messages To Get Started



**You don't have
to do it all today.
One small step
is enough.**



**Breathe in calm.
Breathe out
pressure. You're
doing better than
you think.**



**Your presence is
powerful. Just
being here matters
to your students.**



**Take five minutes
just for you.
Guilt-free, no
explanation
needed.**



Mirror Messages To Get Started



**You're allowed
to reset. Each
moment is a
fresh start.**



**Progress, not
perfection.
Celebrate every
small win today.**



**Say yes to what
fuels you and no
to what drains you.**



**Kindness counts,
including the
way you speak to
yourself.**



Mirror Messages To Get Started



**Remember why
you started. You
make a difference
every single day.**



**Rest is productive.
Recharge so you
can keep shining.**

