A close up of a logo

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Hello Staff!

As we approach the one-year mark of virtual learning and as some schools begin to welcome students back to their classrooms, I wanted to take a moment to say how much I appreciate your support and dedication to the families and communities we serve. I also encourage everyone to [submit their favorite stress busting tip](https://www.heart.org/en/affiliates/from-teachers-for-teachers-share-your-tips-for-beating-stress) to the American Heart Association to be entered in a drawing for a **$25 Amazon gift card**.

Even when things are hectic, it’s important that we prioritize self-care and make sure our needs are met so we can better support those around us. One of the most basic needs we have is for sleep. Adequate sleep helps your body heal and repair cells, tissues and blood vessels. It also improves your immune system, mood and energy levels, creativity and productivity, and helps your brain function better. **Most adults need 7-9 hours of sleep each night.** While I know that might be a stretch for some of us, here are a few ways to help you sleep better:

### **Be active during the day to help reduce stress and sleep better**

### **Establish a nighttime routine that includes setting a bedtime alarm**

### **Create a morning routine that includes a positive activity like taking a walk, meditation, gratitude journaling or yoga**

### **Wind down tech-free at bedtime by charging devices away from your bed and turning off bright lights and screens 30 minutes before you want to be asleep**

**Let’s do this and be Healthy for Good!**

Interested in learning more? Visit the [American Heart Association website](https://www.heart.org/en/affiliates/healthy-for-good-puget-sound-teachers) for a 4-week sleep challenge and more tips to help you Be Well.

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