



# THE TEACHER RESET

A POWERFUL 10-MINUTE RITUAL TO HELP YOU  
FEEL MORE LIKE YOU AGAIN — OUTSIDE THE  
CLASSROOM.

LOUISE SCHWARTZ

# Welcome!

Hi, I'm Louise - a music teacher turned wellbeing mentor and founder of The Teacher's Compass.



## ABOUT ME

After 20 years in the classroom, I found myself burned out, stuck in survival mode and waking up each day with a feeling of dread.

I moved schools four times in six years, hoping something would change. It didn't — until I did.

Now, I help teachers like you rediscover who they are outside of their job title. Whether you want to stay, leave or simply feel like yourself again, my mission is to help you find clarity, courage and your confidence.

I'm so glad you're here.

Let's begin your comeback - together.

*Louise Schwartz*

# DEAR TEACHER.

Let's be honest — when was the last time you did something just for you?

Not for your students.

Not for SLT.

Not for Ofsted or parents or data trackers.

For you.



If you're exhausted, overwhelmed or feeling like your entire life revolves around school, you're not alone - and you don't have to stay stuck.

This simple, 10-minute ritual is your first step toward taking your life back, not by quitting your job, but by reclaiming your space, your energy and your self-worth, one day at a time.

# THE RESET RITUAL

## STEP 1: CLAIM YOUR 10-MINUTES

Look at your day and choose a moment you can protect. Not for chores. Not for work. Just for you.

Maybe it's:

- Before the school run
- 10 minutes in your car before walking into the house
- Right after the kids are in bed
- While the kettle's boiling

Commit to it now.

Call it what it is: "My 10-Minute Reset" Put it in your calendar if you need to. Defend it like a staffroom biscuit tin!

## STEP 2: PICK YOUR RESET

Choose one thing that feels good to your soul. Here are some ideas:

- Sit somewhere quiet and drink a hot cuppa — slowly
- Journal your thoughts: "Who am I when I'm not a teacher?"
- Take a 10-minute walk and breathe
- Listen to a song that makes you feel like yourself
- Write down one boundary you're ready to set this week
- Lie on your bed and do nothing

The goal? To remind yourself that you're a person, not just a profession.

## STEP 3: REFLECT

After your 10 minutes, take a breath and ask yourself:

- How do I feel now, compared to before?
- What did I notice?
- What do I want more of in my life?

Optional journaling prompt:

"What would it look like if I put myself first — just a little — every day?"

# WANT TO LEARN MORE?



✨ Your journey doesn't have to stop here!

If you're ready for deeper support, you can join our Teacher's Compass Membership – your “gym membership” for mental health and wellbeing.

Or come along to one of our relaxed Staffroom Meet-Ups to connect with like-minded teachers.

Curious about understanding yourself on a whole new level? Check out my Human Design for Teachers Guide to discover how your unique design can help you thrive, inside and outside the classroom.

[FIND OUT MORE ON THE WEBSITE](#)