

“I’m So Stressed Out!” – Jennifer Bouchard – Needham High School

Links to Studies and Articles Referenced in Power Session:

https://blogs.edweek.org/teachers/teaching_now/2017/10/educator_stress_aft_bat.html

<https://www.npr.org/sections/ed/2016/12/30/505432203/teachers-are-stressed-and-that-should-stress-us-all>

<https://www.gallup.com/services/178709/state-america-schools-report.aspx>

<https://variety.com/2018/music/news/new-research-finds-concerts-good-for-health-1202739766/>

https://www.huffpost.com/entry/how-to-make-the-most-of-vacation_n_5755b42ae4b0eb20fa0e906d

<https://link.springer.com/article/10.1007%2Fs11482-009-9091-9>

Pinterest Link to Freezer-Friendly Meals:

<https://www.pinterest.com/jennbouchard/make-ahead-freezer-friendly/>

Feel free to get in touch!

jennifer_bouchard@needham.k12.ma.us

Twitter: bouchagovt