



# NEA ESP LEARNING NETWORK

A virtual learning opportunity for  
education support professionals.

WEBINAR:

## Avoid the Burnout: How Taking Care of You is the First Step in Meeting the Needs of the Whole Student

Thursday, December 9, 2021

7:00–8:30 PM ET

Register: [nea.org/esppdwebinars](https://nea.org/esppdwebinars)

Self-care isn't one size fits all. If you feel depleted and exhausted, join us for a webinar to learn different self-care strategies to help overcome the chronic stress that many Education Support Professionals are feeling. Topics will cover how to balance demands, how to make time for yourself, and how to use mindfulness to avoid burnout and continue to meet the needs of your students. Participants will leave with a toolbox full of wellness strategies, techniques, and tips to overcome life's challenges.

For more ESP professional  
development opportunities,  
visit [nea.org/esppd](https://nea.org/esppd)

Questions? Contact Jessica Brinkley at  
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