

Educator Wellness Bracket

2025 Bracket

Each “matchup” invites you to try two strategies, then pick a winner. The winning strategy might be the one that made you feel better, fit more easily into your day, or brought the most joy. By the end, you’ll land on your Final Four favorite wellness wins, strategies worth keeping in rotation year-round. You can print the bracket, fill it in digitally, or just jot down your picks. Let the Wellness challenge begin!

