Self-Care for Educators: Tools for Preventing Burnout

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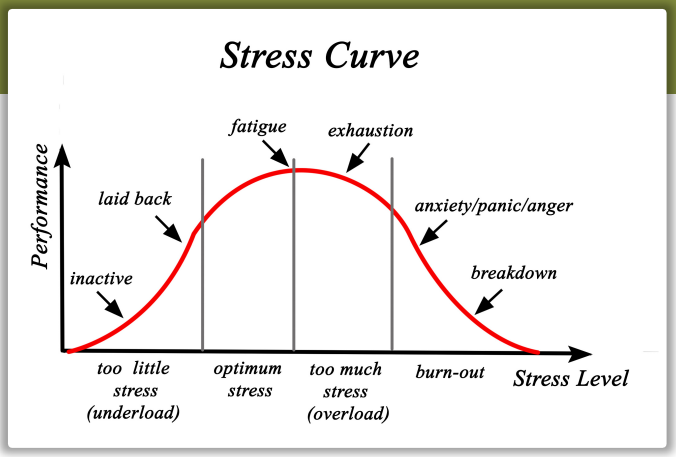


STRESS

Mental or emotional strain that is a result of very stressful or demanding circumstances.

- Headaches
- Short temper
- Insomnia
- Loss of appetite
- Drop in work performance

BURNOUT

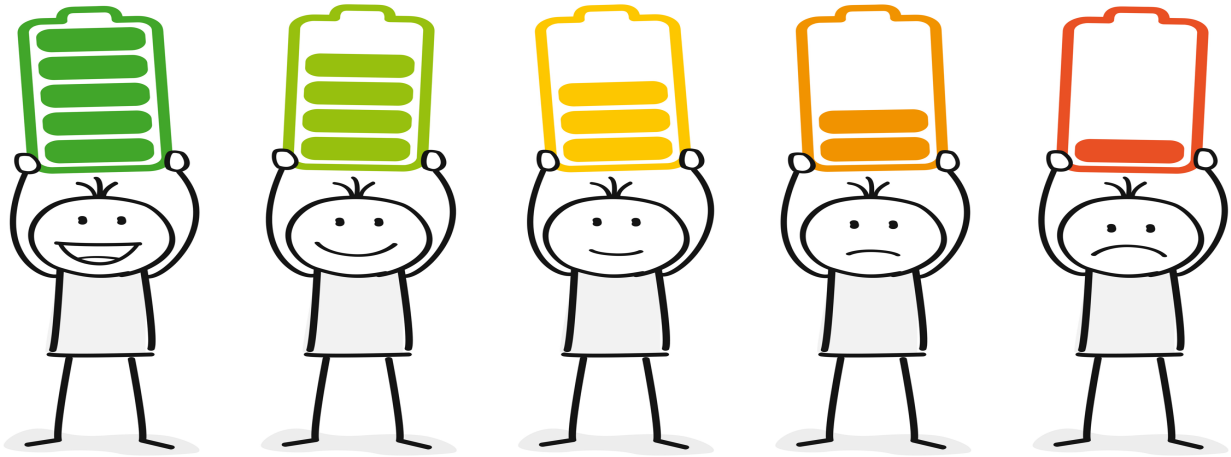
When a person becomes so overworked and stressed that they experience a mental or physical breakdown.

- Extreme cynicism
- Cognitive problems
- Exhaustion
- Depression
- anxiety

Contributing Factors

- Teaching challenging students
- Managing behavior in the classroom
- Time management and pressure to perform
- Major changes
- Observations and evaluations
- Challenges with coworkers
- Administration
- Less than ideal working conditions
- *Poor Compensation: National Average 2020 - $31.930 per year, $15.35 per hour* (for Preschool Teacher via www.bls.gov)

Stress → Burnout



Warning Signs

Think about when you know you are getting stressed. What do you do? (Dark/Light Green/Yellow batteries)

When It's Too Late

Think about how you know when you are past the minor stressed stage and into highly stressed. What do you do? (Yellow/Orange/Red batteries)

Self-Care Types

Physical - Anything from sleep to going for a run.
Emotional - Processing difficult feelings, journaling, deleting Facebook friends.
Mental - Reading a book, playing a game, watching a Ted Talk.
Spiritual - Whatever fills your spirit; church, nature, or meditation.
Practical - Paying those bills, dialing in the new insurance plan, or cleaning your house.
Social - A night out with friends, a long talk on the phone, or a date night.

Your Tools

Think about what you are going to do when you get back from burnout (or almost burnout) to minimally stressed.

Self-Care Menu

Create a list of everything you could do when you start to get stressed.
Laminate it or makes multiple copies and put them everywhere.
Use it as a personal menu that you can review when you need to choose a self-care item.