



# King Professional Development

Engaging and Empowering Educators

## Avoid Teacher Burn-Out



**Have you ever felt overworked and underappreciated and or asked yourself “It this worth it”? If so, I have GOOD news and BAD news. the good news is, this is normal, even great teachers have moments where they question their career choice. The bad news is, without intentional support and strategies, you may be heading towards teacher burnout.**

Teacher Burnout is something that can happen, it can be prevented and controlled. To help, I've compiled several ways to re-energize yourself and prevent that teacher burnout that leaves us feeling tired, overwhelmed, or considering a career change.

### **1. Watch Your Health Habits**

Always be sure that you are keeping your health a priority! Our health is directly correlated to the way we feel. Don't skip meals (like breakfast and lunch) and be sure to get enough rest. If you have to, you can take a nap after work to give you more energy before you start on assignments. Snicker's Chocolate Bar marketing campaigns remind us, that we are not our best selves when we're tired or hungry. <https://www.youtube.com/watch?v=tDkTNMK1V50>

## **2. Intentional Reframing**

Reframing gives you an opportunity to change an experience or event by attaching different emotions. Teachers may not have control over some circumstances in their careers, but they can decide their perception and attitude towards those emotions. For example, instead of saying “I have so much to do today”. You reframe by saying “this day is going to be full of exciting events and happenings” Every individual has the power to choose their attitudes in every circumstance. Teachers should be intentional in reframing stressful events. Anything that will not matter after one month should not be allowed to take your peace. Problems should be viewed as challenges and opportunities for growth.

## **2. Teach in the Moment**

When you have a busy schedule and workload it can be easy to get distracted with what needs to be done in the future. Instead, try to stay present in the current moment. More importantly: teach in the present moment! Assess how you feel and how a student feels, then identify the goals of both you and your student at a time. Turn something stressful or overwhelming into a learning opportunity by asking yourself, “What is my goal at this moment? What is my student’s goal?” By stepping back, you can allow yourself time to breathe through the emotions you are feeling.

## **3. Limit Yourself**

Just like sticking to a plan so you don’t take on too much, make sure you know your own limits, so you don’t set yourself up for failure. It is okay to say “no” to things that might overwhelm you or leave you feeling disconnected. As teachers we make it our priority to do all that we can to help and teach others, so we need to learn to help ourselves by making it clear when we have too much on our plates.

## **4. Change Things Around**

One small thing that you can do to boost your mood is to change your classroom environment! Switch out posters, add new scents or warmers, change desks around, and even brainstorm ideas with students on what they’d like to see around the classroom. Make the walls in your classroom count and offer a warmer welcome to both you and your students. Looking at the same decor and room layout every day can get tiring, so switching things up can help alleviate some repetitiveness.

## **5. Find Support**

One of our most powerful tools is the tool of communication. When teacher burnout happens, the good news is that other teachers have likely experienced it. Don’t be afraid to reach out to a friend and colleague that might understand how you are feeling. In a recent study, researchers discovered that positive social supports played an important role in minimizing teacher burnout.

## **7. Be The Support**

Similar to finding support, you may find that through helping other teachers prevent burnout you begin to prevent it for yourself. Share your experiences and ideas for dealing with stress and

fatigue by being an active part of your professional community. Most importantly: get into the habit of taking your own advice.

### **8. Stay Positive**

It may seem hard to do but actively thinking positive thoughts and being a voice for positivity can help uplift you. Whether you are among students or other teachers, staying optimistic and grateful about and for your work and community can help serve as a reminder for all the rewarding aspects of teaching.

### **9. Laugh More**

Don't forget that learning can be a fun and exciting opportunity for both students and teachers! If you are not having fun in your classroom then you can do something to change that. Be sure to incorporate laughter and purpose in your teaching. By smiling and enjoying yourself, you'll find that your outlook on stressful situations will improve.

### **10. Focus on What's Useful**

Get rid of anything that feels like "extra" and ask questions regarding the work that *is* on your plate. Ask things like: "Does it effectively help my students?" and "Is it absolutely necessary?" When you ask these questions, you can start to get a better feel of the filler tasks that take up a lot of your time but are not exactly the most useful.

Teacher burnout happens, but I'm confident that with these tips you can help prevent it. Continue to make yourself a priority, reach out to others as needed, and remember the passion that inspired you to teach in the first place! YOU can do this!

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