

# Happy Teachers Practice Self-Care

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# Learning Objectives

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- DEFINE AND RECOGNIZE JOB BURNOUT
- HOW SOCIAL EMOTIONAL LEARNING (SLE) CAN IMPROVE JOB SATISFACTION
- INCLUDING SLE IN A VIRTUAL SETTING
- INTRODUCE TOOLS TO PREVENT JOB BURNOUT
- SETTING BOUNDARIES IN A VIRTUAL WORLD
- PRACTICE SELF-COMPASSION AND SELF-CARE





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**Secure your own oxygen mask first before assisting children**

**We can't be there in our fullest capacity to teach kids if we're not in our fullest capacity ourselves.**

# Self-care is not selfish

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*Happy teachers lead to happy students*



*We are the social emotional role models in our classrooms*



*Students achievement increase in calm classrooms*

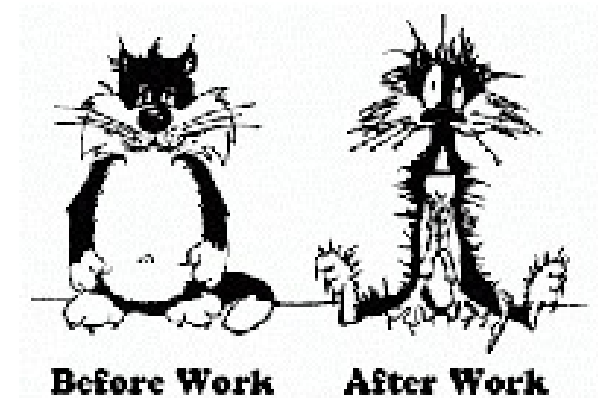


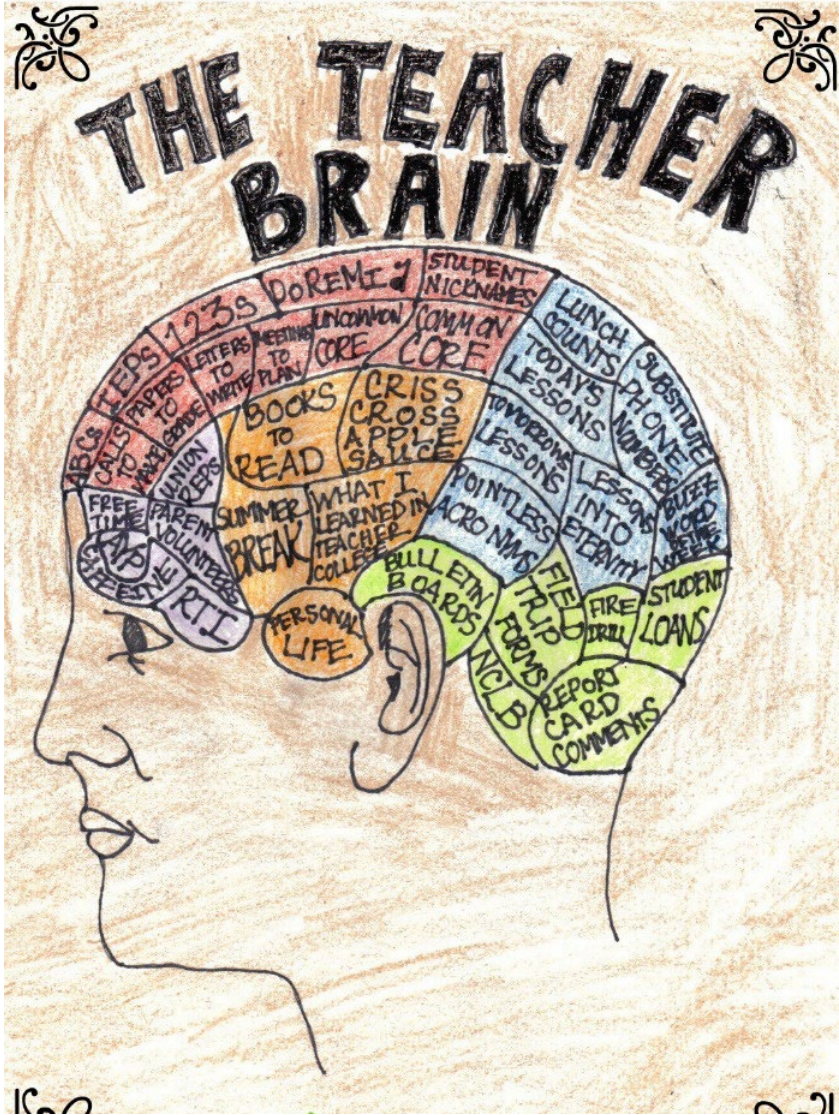
*Sustainability=stability*

# Job burnout: How to spot it and act

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- Job burn out is a special type of job stress – a state of physical, emotional or mental exhaustion combined with doubts about your competence and the value of your work.
- Teacher burnout is almost epidemic in this country and is one of the causes of the 17 percent annual attrition rate amongst educators.
- Scientists have found that teachers can burnout from the negative emotions and inefficacy they feel around the challenges of managing their students.





# Could you be experiencing job burnout?

Ask yourself the following questions:

Have you become cynical or critical at work?

Do you drag yourself to work and have trouble getting started once you arrive?

Have you become irritated with co-workers?

Do you lack the energy to be consistently productive?

Do you lack satisfaction from your achievements?

Do you feel disillusioned about your job?

Are you using food, drugs, or alcohol to feel better or to simply not feel?

Have your sleep habits or appetite changed?

Are you troubled by unexplained headaches, backaches, or physical complaints?



What causes job burnout?

What's the best way to handle job burnout?



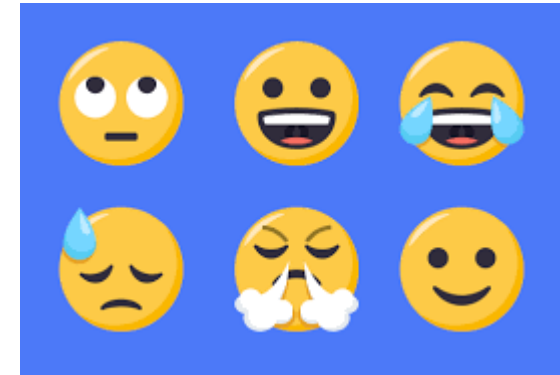


# What is Social Emotional Learning (SEL)?

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Social and emotional learning (SEL) is the process of developing and using skills, attitudes, and knowledge that help youth and adults:

- Identify and regulate emotions
- Develop positive relationships
- Make responsible decisions



SEL is a universal approach:

- It helps build the foundation for teachers and learning at school



# Five Social and Emotional Competencies

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# Managing class stress

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**Smile; know your students' names**

**Have clear expectations and guidelines, including appropriate consequences**

**Find ways to stay calm when angry**

**Avoid mocking or embarrassing students**

**Give students choices, and respect their wishes**

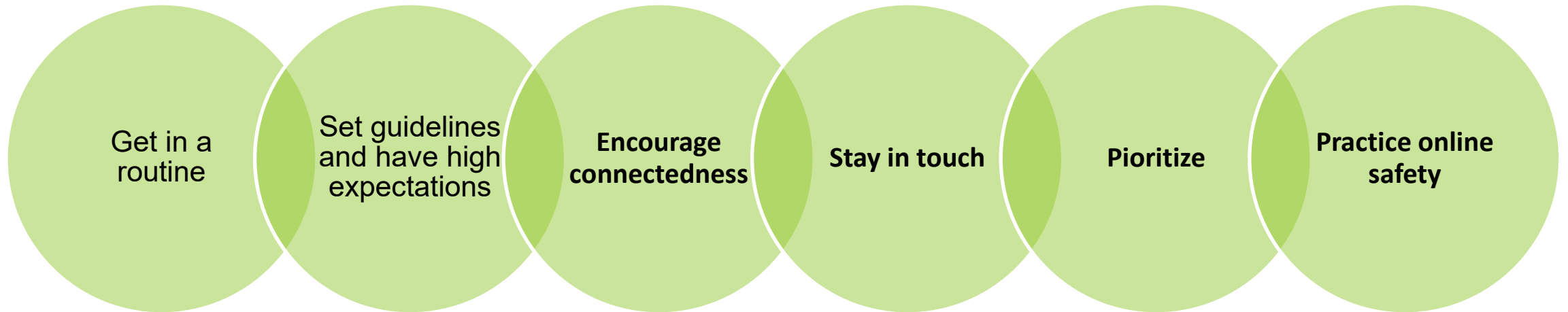
**Ask questions that help students solve their own problems**

**Be culturally aware and competent**



# 6 tips for Keeping the 'Social' in Social Emotional Learning

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*“ We need to do a better job  
of putting ourselves at the top of  
our own 'to do' lists.”*

— Michelle Obama

# Self-Compassion is a coping strategy

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## **Definition:**

**Having compassion for yourself when you are having a difficult time, fail, or notice something you do not like about yourself in the same way you would have compassion for others.**

**“With the burnout issues teachers face, taking care of themselves through work/life balance is important, but it is not enough,” – Kristin Neff**

**“Teachers need to give themselves permission to be self-compassionate for the stress they are under.” - Kristin Neff**

# compassion

Compassion is at the heart of every little thing we do. It is the dearest quality we possess, yet all too often it can be cast aside with consequences too tragic to speak of. To lose our compassion, we lose what it is to be human.



## 3 Components of Self-Compassion

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Self-kindness

Common  
humanity

Mindfulness

# What isn't self-compassion

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Self-pity

Self-  
indulgence

Self-  
esteem



# Self-Kindness

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self-compassion is *self-kindness*, or treating ourselves with the same care we would give a loved one. As teachers, we care for our students every day but often forget about caring for ourselves.


*“I’m so sorry you had a rough day. Even though you may have said some things to students you wish you hadn’t, it’s okay. All teachers do that once in awhile, but the students survive and so will you. I know you care so much about your students and want them to be successful. Teaching is one of the most challenging jobs out there, and you’re doing the best you can.”*

# Common Humanity

It's helpful to remember that we're all in this together and everyone has to deal with the challenges of life.

having forums where teachers can talk with each other and realize that everyone beats themselves up and feels they're a failure sometimes.

“Just knowing you're not alone can be very freeing.”



The bond of our common  
humanity is stronger than  
the divisiveness of our  
fears and prejudices

Jimmy Carter

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mindfulness, the moment-by-moment awareness of our thoughts and feelings.



Research has suggested that teachers who practice mindfulness are less likely to experience negative emotions and depression and more likely to enjoy a positive state of mind.

# Mindfulness

# 7 self care strategies for teachers



# Practicing Self-Care During Coronavirus time

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Set and maintain boundaries

Reflect on your feelings and needs

Recognize what is and isn't in your control

Acknowledge moment of gratitude or joy

Use self-care routines throughout your day



# Self-Care Plan

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Physical: Activities that help you stay fit and healthy, and with enough energy to get through your work and personal commitments

Psychological: Activities that help you feel clear-headed and able to engage with the professional challenges that are found in your work and personal life

Emotional: Allowing yourself to safely experience your full range of emotions

Spiritual: This involves having a sense of perspective beyond the day-to-day of life

Relationships: This is about maintaining healthy, supportive relationships, and ensuring you have diversity in your relationships, so you are not only connected to work people

# Mindfulness of breath

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## Breathing-Four Square Breathing



<https://www.youtube.com/watch?v=u9Q8D6n-3qw&feature=youtu.be>

# 3 Minute Meditation for teachers

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<http://gotmindpower.com/training-programs/for-educators/meditations-for-teachers/>





# Resources

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## **Cultivating Awareness and Resilience (CARE), The Garrison Institute**

- <http://www.garrisoninstitute.org/care>

## **The Inner Resilience Program**

- <http://www.innerresilience-tidescenter.org/>

## **Mindfulness, Courage, and Reflection for Educators**

- <http://umassmed.edu/cfm>

## **Mindful Schools**

- <http://www.mindfulschools.org/>

## **Stress Management and Relaxation Techniques (SMART) in Education**

- <http://passageworks.org/courses/smart-in-education//>

## **Wish, Outcome, Obstacle, Plan (WOOP)**

- <http://www.woopmylife.org>

## **6 Tips for Keeping the ‘Social’ in Social-Emotional Learning**

<https://www.edsurge.com/news/2020-04-16-6-tips-for-keeping-the-social-in-social-and-emotional-learning>

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