Happy Teachers
Practice Self-Care

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Learning Objectives

▪ 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
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

- 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

▪ 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?

- Create emergency escape route
- Define success for yourself
- Uncover your job values
- Design support environments
- Eliminate drains

Fight Burnout
What is Social Emotional Learning (SEL)?

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

Collaborative for Academic, Social and Emotional Learning [CASEL], 2013
Five Social and Emotional Competencies
Managing class stress

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

- Get in a routine
- Set guidelines and have high expectations
- Encourage connectedness
- Stay in touch
- Prioritize
- Practice online safety
"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

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
3 Components of Self-Compassion

- Self-kindness
- Common humanity
- Mindfulness
What isn’t self-compassion

Self-pity
Self-indulgence
Self-esteem
Self-Kindness

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.”
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.
7 self care strategies for teachers

- Set healthy boundaries
- Take breaks often
- Exercise
- Connect with others
- Start your day on a positive note
- Find at least three activities that relieve stress for you
- Know your own thresholds for stress
Practicing Self-Care During Coronavirus time

- 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

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

Breathing-Four Square Breathing

https://www.youtube.com/watch?v=u9Q8D6n-3qw&feature=youtu.be
3 Minute Meditation for teachers

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

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
References

Collaborative for Academic, Social, and Emotional Learning (CASEL), https://casel.org/core-competencies/

Mayo clinic staff, Job burnout: How to spot it and take action


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