

Healthy + Educators = Student Achievement

Doreen Roberts, Teacher Leader: Educational Pathways Design and Implementation



Norms

- Be Present
- Presume Positive Intentions
- Contribute
- Take Care of Yourself
- Be Mindful of Others
- Provide Opportunities for All Voices to be Heard

Outcomes

- Discover the commonalities and differences of Teacher Burnout and Teacher Demoralization
- Learn about the link between healthy educators and student achievement
- Identify strategies to be a healthy educator
- Reflect on personal and professional goals and plan a next step

You are the best teacher!



What does this statement mean to you? What does it mean to your students?

Values

Actions

Characteristics

Priorities

Achievements

Are you this teacher? Why or Why not?

Stress, Burnout, Demoralization...

Jigsaw

Groups of 4

Number off 1-4

Read assigned article and take notes

Share with small group what you learned from reading

Reading Assignments

#1 read: [7 Conclusions from the World's Largest Teacher Burnout Survey](#) by Anthony (June 2019) [notwaitingforsuperman.org](#)

#2 read: [Why Teachers Quit](#) by Mulvahill (June 2019) [weareteachers.com](#)

#3 read: [Is It Burnout? Or Demoralization?](#) Intro and section 1-2
by Santoro (Summer 2018) [educationalleadership-digital.com](#)

#4 read: [Is It Burnout? Or Demoralization?](#) Intro and section 3-4
by Santoro (Summer 2018) [educationalleadership-digital.com](#)

Discuss commonalities and differences between Teacher Burnout and Teacher Demoralization

Be ready to share with whole group.

Stress, Burnout, and Demoralization

Whole group debrief and working conclusions.





Do you experience
stress, burnout, or
demoralization at
work?

How?

Teacher Health and the Impact on Students

What has the greater impact on student achievement?

- Standardized tests
- Viable curriculum
- Trauma
- Teacher wellness

Healthy Educators and Student Achievement

Are teachers passing their stress on to students?

Global News, Science Direct (June 2016)

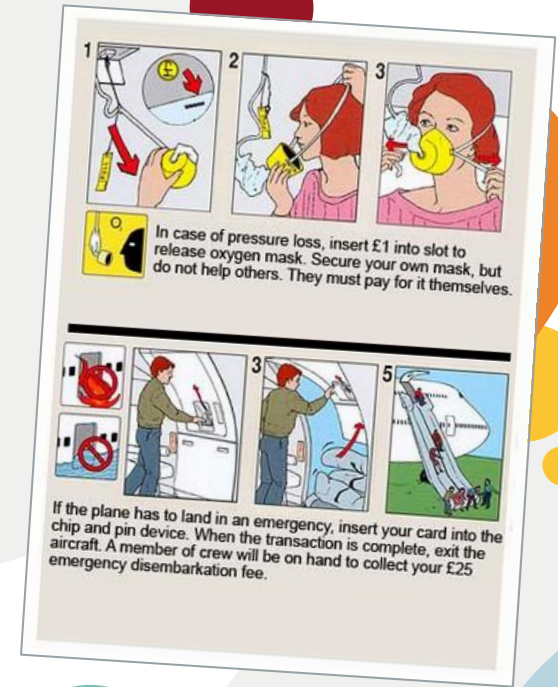


STRESS

Thoughts, reactions, connections?

Now What?

1. Identify what is impacting YOU.
 - a. Is it stress, burnout, or demoralization?
2. How is it impacting YOU?
3. What can you do about it?





Stress Relief



Self Care



The definition of self-care is any action that you use to improve your health and well-being. According to the National Institute of Mental Illness (NAMI), there are six elements to self-care:

- Physical
- Psychological
- Emotional
- Spiritual
- Social
- Professional

Self Care Strategies

Explore some of these ideas for self-care

[Why Teacher Self-Care Matters and How to Practice Self-Care in Your School](#)

[Why It's So Hard for Teachers to Take Care of Themselves](#)

[The Educators Room - Self Care](#)

[The Trauma Informed Teacher](#)

[Edutopia - Teacher Wellness](#)

Reflection

Write a personal goal.

Write a professional goal.

Write at least one step you can take to work towards each goal.

Write why it is important for you to take that step and to work towards the goals you wrote.

What support do you need to get there?

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Imperfections are not
inadequacies; they are
reminders that we're all in
this together.

-Brene Brown

For more...explore [Daring Classrooms](#) by Brene Brown