

Educator Self-Care

Educators need to feel and be supported in their work environment. Their well-being is crucial and directly influences their ability to support their students' mental and emotional well-being. Supporting educator well-being within a compassionate system should be a priority and a shared responsibility between educators and school leadership.



SELF-CARE STRATEGIES

Set clear boundaries

Establish and maintain clear boundaries between work and personal life. This helps prevent burnout by ensuring that work does not consume all your personal time and energy.

Prioritize physical health

Regular physical activity, adequate sleep, and proper nutrition are crucial for mental health. These practices help manage stress and increase overall energy levels.

Build a support network

Cultivate relationships with colleagues who understand the unique challenges of teaching. Sharing lived experiences and solutions can provide emotional support and practical advice.

Practice mindfulness and reflection

Incorporate mindfulness exercises like meditation or reflective journaling into your routine to manage stress and maintain mental clarity.

Understand vulnerability in helping roles

The nature of being an educator and helper creates a sense of vulnerability when one doesn't feel effective in educating or helping. This can lead to feelings of helplessness, resulting in over-responding (e.g., becoming frustrated with others for not doing enough) or under-responding (e.g., being fearful to approach, or not reaching out because of a belief that 'nothing will come of it'). Recognize that sometimes simply holding space and expressing a caring, curious thought can be exactly what a student needs, even if it doesn't seem to resolve issues quickly. This acknowledgment can help maintain a balanced and supportive approach in your interactions with students.

Seek professional help when needed

Recognizing when you need help and seeking it from mental health professionals (e.g., therapist, psychologist, etc.) is a strength, not a weakness. It's crucial for addressing stress, anxiety, or burnout effectively.

Be part of a team approach

Giving and receiving support and taking care of each other, participating in check - in's and incident debriefs, and being connected with school based teams can support educator well-being.

Allocate time for hobbies and interests

Engage in activities outside of teaching that you love. This helps to recharge your batteries and brings joy, which is essential for long-term career sustainability.

Acknowledge and celebrate successes

Take time to recognize and celebrate your achievements and those of your students. This can boost morale and motivation, reminding you of the positive impact of your work.