

December 2022

Join the Beginning Teacher PLC

BEGINNING TEACHER NEWSLETTER

Taking Time Out for YOU!

47.5% of educators who left their positions during 2021-2022 cited emotional exhaustion or burnout as having a major influence in their decision to leave.



Data obtained from the Utah Educator Exit Survey suggests that emotional exhaustion, burnout, and job-specific stressors play a major role in educators' decisions to leave their jobs. Finding ways to manage these aspects of your work - taking care of YOU - is essential to your ability to make a difference in the lives of kids!

Your personal "bandwidth" represents your mental and emotional capacity. To increase your bandwidth you must develop and deploy balanced habits. "It is not enough to want to 'power through'; instead, realistically recognizing the limits we all have ... and setting boundaries accordingly can help us be more effective educators."

Reference:

Comola, J. (2022, October 19). Educator self-care isn't selfish. ASCD. Blog. <https://www.ascd.org/blogs>

CHECKing Your Well-Being

C Control vs. No Control

Determine what you can and cannot control. While you cannot control student misbehavior, for example, you can control your reaction to it. Identify what is within your realm of influence and act to control these factors while letting go of what you cannot control.

H Hear What You are Saying to Yourself

Pay attention to the messages you send yourself in your thoughts and assumptions. Try to view challenging situations within your control as changeable, context-specific, and not inherently your fault.

E Emotional Awareness

Identify the emotion(s) underlying your feelings and actions. Recognizing that your emotions have underlying causes can bring clarity to your thinking and help you avoid negative triggers while implementing positive responses.

C Challenge Your Thoughts

Teachers are not immune to the inner critic that constantly tries to convince us that our efforts aren't enough. When you find yourself feeling like you're not "good enough," consider what you might say to a friend who expressed similar concerns to you and give yourself the same advice.

K Know a Plan

Identify immediate "next steps" you can take to respond to and develop a sense of control over a situation. Keep your "why" - the reason you became a teacher - in the forefront of your mind and use it to realign your focus in difficult moments.



Reference:

Cochran, L., Mofield, E., Peters, M. P. (2022, September 14). CHECKing in on educator well-being. ASCD Blog. <https://www.ascd.org/blogs>