

Stressors Reported by Educators

▶ **Work/Life/Home Balance**

- Time Management
- Learning to say "no"
- Keeping work out of "family only" space
- Challenge in prioritizing self-care
- Personal or family illness/ death/ injury
- Working multiple jobs



▶ **Work Related Stressors**

- Work requirements/workloads
- Classroom management
- Compassion Stress
- Expectations in work environment
- Working on advanced degrees
- School Safety
- Managing Student Behavior
- Parent/Student Cooperation
- Parent expectations



Adapted from National Education Association



Scan to visit: Stress: What It Is, Symptoms, Management, & Prevention

Manage Stress with Healthy Habits

Mind

- Practice Mindfulness.
- Count to 10 before speaking or reacting.
- Walk away from a situation for a while and handle it later after things have calmed down.
- Practice time management, & goal setting.

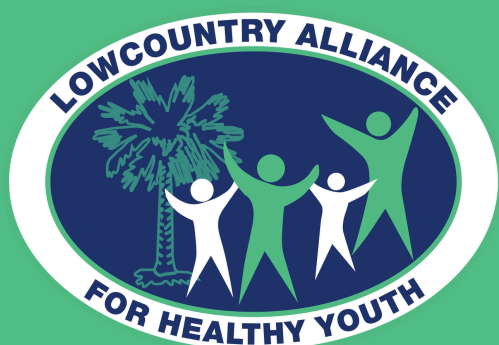
Body

- Practice healthy sleep habits.
- Exercise, eat healthy, & avoid caffeine.
- Avoid using alcohol & other drugs to reduce stress.
- Listen to music or inspirational podcasts.
- Learn relaxation/exercises/meditation techniques.

Interpersonal

- Lean into things you can change.
- Learn to be assertive.
- Find humor in stressful situations.
- Build a network of friends that help you cope in positive ways.
- Reach out to a healthcare professional.

Adapted from the American Heart Association



Uniting the Community to Promote Positive Choices

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