

# TEACHER BURNOUT

## Creative Strategies



## Helpful Resources

### Related websites

- [www.speakwell.com/well/2000\\_fall](http://www.speakwell.com/well/2000_fall)
- [www.mindtools.com](http://www.mindtools.com)
- [www.education-world.com/a\\_curr/](http://www.education-world.com/a_curr/)
- <http://helping.apa.org/work>
- [www.healthresourcescorp.com](http://www.healthresourcescorp.com)

### Books/Audio Tapes

- The Relaxation Response by Herbert Benson & Miriam A. Klipper
- Self-Nurture by Alice Domar
- Your Present: A Half-Hour of Peace by Susie Mantell
- The One-Minute Mediator: Relieving Stress and Finding Meaning in Everyday Life by David A. Nichol & Bill Birchard
- Life Is Not a Stress Rehearsal: Bringing Yesterday's Sane Wisdom into Today's Insane World by Loretta Laroche
- Keeping the Fire: From Burnout to Balance (audiotape) R. Leban

**Note: Audio & Book versions of these resources are available at your public library or local bookstore.**

**Important Notice:** Information in this flyer is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional. For further questions or help with specific problems or personal concerns contact LifeResources - Member Assistance Program. LifeResources - Member Assistance Program is not responsible for the content of the materials provided on the Internet.

*According to a recent University of Oregon study, over 200 teachers were asked what they do most often to relieve daily stress and how schools could help with the issue of burnout among American educators. Here are their responses:*

### Strategies To Cope With Stress

- Doing relaxing activities
- Organizing time and setting limits
- Maintaining diet and exercise
- Discussing problems with professional colleagues
- Taking a day off
- Trying something new in their personal life
- Working collaboratively with co-workers
- Tapping into help from their principal or school district
- Using the Employee Assistance Program for support

### Connecting With Co-Workers To Relieve Burnout

*By building a community of colleagues to address this occupational issue, teachers can find the support and ideas necessary to stay healthy and professionally focused. Ask yourself and others the following:*

1. **How well prepared am I to teach others?**
2. **Am I in a rut?**
3. **How does teaching fit into the rest of my life?**
4. **How have my colleagues tackled burnout?**
5. **Who can I go to in the school when I'm feeling overwhelmed?**
6. **What kinds of help and resources are readily available to me?**
7. **What is one thing I can do today to relieve stress?**
8. **How can I renew enthusiasm for teaching and my own learning?**

Adapted from Focal Points produced by the Public Education Network April 2002.

## LifeResources - Member Assistance Program

**WE ARE HERE TO HELP!**  
**1.800.759.8122**

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