AVOID TEACHER’S BURNOUT INCREASE YOUR RESILIENCE

by:
Essel E. Reyes
Alasasin Elementary School

It’s been a month since the school year 2018-2019 started but it is observable that some teachers already feel tired. It’s like dragging their feet to the classroom and always looking forward to going home, suspension of classes or long vacations. Feeling bored with the daily lessons and so irritable that even the little thing already made them upset.

The excessive demands of energy, strength and resources may cause a state of physical, emotional and mental exhaustion called burnout. It is the result of one’s response to stress which may or may not be job related and a consequence of one’s response to a series of stressful situations. But burnout does not happen overnight and sometimes may even be a result of an accumulation of stress over a span of years.

If you feel the same with the above-mentioned, there is a possibility that you are experiencing occupational burnout, a condition not unique to teachers. People from different walks of life like doctors, office workers and even students suffered from this depletion of physical and emotional stress. Teachers who are burnout have little or no satisfaction in their work. Indicators may include a vague feeling of personal distress, irritability, fatigue, boredom, depression, feeling overworked, withdrawal from people and activities, resistance to change, strong desire for vacation, frequent tardiness and absenteeism and low self-esteem.

After reading and researching and asking fellow educators, the following list of possible causes of teacher burnout are developed. Some of these are extreme amounts of paperwork, an extreme number of responsibilities above and beyond instruction, lack of
administrative support, students’ misbehavior, challenging interactions with parents, lack of resources and lack of training for new initiatives and technology.

We know teaching is so hard! Teacher’s burn out left and right but let’s take into consideration that this affects our students. For all we know, we, teachers can make or break a child and this kind of condition will eventually break our students. We need to increase our own resilience and reduce or avoid burnout. There are some things that we can do as a teacher to build our resilience.

1. Collaborate or socialize with colleagues. This might be a mentor or just a peer that you can talk to when you have a difficult day. There are instances that you feel so frustrated because of a particular classroom management problem but upon sharing it with other teachers, you’ll realize that problem is not unique on you.

2. Share of workload/responsibility. Sharing the workload with co-teacher in your grade level may help both of you reduce stress. You may plan lessons together or assign a task to make paper works easier. For classroom management, you may also establish a routine early in the school year and train the pupils to follow them instead of collecting homework or reminding the students to align their chores at the start of every period.

3. Take a “mental health” day. Everyone requires the occasional day off to recuperate. You may spend your day off with having time for yourself or task that will makes you happy and relax. Attending seminar or conference on learning different styles or reading book or journal may also be accepted. Doing this mental health occasionally has a positive impact to students by giving them a more refreshed teacher.

4. Take control, and actively manage your time. Prioritize tasks. If you must bring work home like checking quiz papers, set aside a definite time for working on it and set a time limit. Do not allow your work to consume your entire evening or
weekend. But as much as possible, leave your work at school. I find this strategy to be the most useful in reducing stress in my job as a teacher. Be able to unwind at home and enjoy time spent on myself and with my family is important.

Keeping in mind these helpful tips should at least help alleviate stress. Communicating with colleagues for additional ideas should also be considered for those who feel an undue amount of stress. It’s important to have a dialogue or exchange of ideas and experience to those around us in the same profession, because we’ve all been through it in our careers.

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