Teaching can be a fulfilling career, especially when you have the passion for it. Yet, this profession requires a lot of effort. Dedicating long hours to finish tons of paperwork and to teach a class of students would surely drain one’s energy. Some do not even have time left for themselves because they are already exhausted from a day’s worth of work. When the passion for teaching starts to fade, each day spent in school could be stressful thus leading to the “teacher’s burnout”. Additionally, without proper support, the mental and physical health of our educators are compromised.

Maslach et al. (2001) described the teacher’s burnout as having three aspects: exhaustion, depersonalization, and reduced personal accomplishment. Among these, exhaustion is the most commonly reported case in teachers due to overworking. Signs of burnout may include fatigue and sleep issues, forgetfulness, drastic weight changes, depression, and anxiety. Self-disappointment from lack of professional development or teaching the same subject for years would also make a teacher susceptible to this syndrome. To combat exhaustion and avoid burnout, we could adapt several strategies that may add enthusiasm and excitement into our profession:

1. Set your daily goals. Try to make a list of the things you want to achieve for a day at school; you could do this at night before sleeping or after waking up early from bed. Setting your daily goals would help monitor your daily objectives - like introducing a new game to your students. When you go home, you could read the list again and see your daily accomplishments. This trick would hopefully motivate you in looking forward to the next day.
2. Decorate your workspace. Literature reviews show that the physical working environment influences the mood, behavior, and work performance of employees. You can start by changing the dominant color of your working into more calming tones. Surround your workspace with things that make you happy: family pictures, inspirational quotes, your favorite band, etc. Take a time and effort in upgrading your workspace to create an environment where you could be motivated and productive.

3. Learn something new. Doing the same routine every day can be dreadful. Add spice in your usual routine like going to the gym after work, learning a skill that you always wanted to have, reading inspirational novels during your free time – it will be up to you. Incorporating new habits into your routine could get your day more exciting.

4. Try to build balance into your life. Set clear work boundaries. For example, beyond 7 pm, you will not check your emails nor grade the homework of your students or after your favorite TV show at night, you will not do anything related to work. You should have time to enjoy life away from work.

References:
