DEALING WITH TEACHERS’ PSYCHOLOGICAL BURN OUT

CARMELA D. TASIS
Teacher III
Sta. Rosa Elementary School
Sta. Rosa Pilar, Bataan

The teacher’s job is a really stressful one. The mere fact that they are in charge of teaching knowledge to people, yes, children, is a cause of too much strain already. To say the least, it is not an easy job. To add, they do not only concern themselves with their work but with their personal and family affairs as well.

Here are a few helpful means to help decrease if not totally eliminate the stress of teachers. Done regularly, they can perform better and stay sane with all the responsibilities put upon their shoulders.

1. Regularly check instances of isolation and burnout.

The psychological and emotional toll of teaching is high. Teachers get drained out most easily if they feel isolation from their peers and experience burnout with their work. Try to check the level of isolation and burnout teachers have. Solve it by offering out of town team building activities, regular brainstorming, and interaction with colleagues. Regular unwinding with peers can also help in relaxing them. Offering simple yet nice incentives can make them feel happy as well.

2. Conduct regular counseling with teachers.

Teachers should be subjected to regular counseling sessions, whether they need it or not. This would help teachers a lot, because they could share their stories, experiences, frustrations, and successes with a person that could really help. Regular sessions would help teachers with their day-to-day activities. Ensure confidentiality, openness, and a non-judgmental attitude when conducting the counseling.

3. Facilitate workshops and trainings.

Educators need to update their knowledge through trainings and workshops. These activities are very important because it allows them to learn more techniques that could help them a lot in their daily jobs. Make sure that the workshops and trainings made for teachers are as lively and as fun as it should.

References:

