WAYS OF AVOIDING TEACHERS’ BURNOUT

by:
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Adjusting to changes brought about by the COVID – 19 pandemic, I have come across with this very timely topic – teacher burnout.

As the schools’ practice either modular or online in light of this health crisis, there is a possibility experiencing burnout, a condition not only to teachers but also to people from all walks of life like students, parents, stakeholders, health professionals etc. They have suffered from this depletion of physical and emotional resources.

Burnout is a state of physical, emotional and mental exhaustion due to excessive demands on energy, strength and resources. It is the consequence of one’s response to a series of stressful situations. It also grows over a period of time for burnout does not happen overnight.

Before I share how can burnout be avoided to teachers, let me discuss first some common sources of stress. Students misbehavior is one common source of stress that includes unruliness, poor motivation, negative attitude and lack of interest among our learners. Another is the poor working condition that includes no opportunity, low salary, inadequate materials and facilities and lack of professional recognition. Time pressure is the last common source of stress that includes handling too large classes, working after school time and administrative paper work.

When teachers are exposed with these conditions, stress is not avoided. So, how do teachers avoid the burnout? First, sharing situations with co-teachers particularly classroom management is very important for you realize that problem is same with them. Second, prioritize tasks when working at home by setting aside a definite time for
working on it. Third, train your learners to become responsible by reminding them. Fourth, create a humor in your lessons when you intend to do online classes so that your students will have fun. Fifth, avoid giving long assignment to students as a punishment. Sixth, attend trainings and webinar series that support your mental and psychosocial developments. Lastly, have some relaxation techniques like finding a comfortable position, closing your eyes, taking a deep breath and exhaling slowly.

In a nut shell, be conscious of the stressful situations and have self – control in your life as a teacher.

References: