



LEARN

**Forward
Together ▶▶**



ON

POWERED BY EVERFI

A BLACKBAUD COMPANY

Let's go Forward Together!

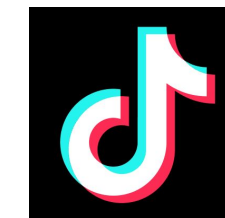


#LearnOn2022

- Join the EVERFI K-12 Facebook Page: [Educator Resources for Real-World Learning](#)
- Follow us on social



@EVERFIK12



But First, Housekeeping...

Audio

- Can't hear? Be sure that your computer is allowing audio output
- You can ask questions in the chat if you're having issues - we have live tech support!

Questions

- Type your questions into the questions box - we have an EVERFI rep ready to answer in real time, or we will answer them during the Q&A

Social

- Find us on Twitter, Instagram, Facebook, and TikTok @EVERFIK12 and use #EVERFIempowers and #LearnOn2022 when you share out!



Teacher Burnout: Why am I Still Here?

Teacher Burnout: Why am I Still Here?



Stephanie Onyeador

Implementation Lead, Texas
EVERFI
@EdTech_Steph



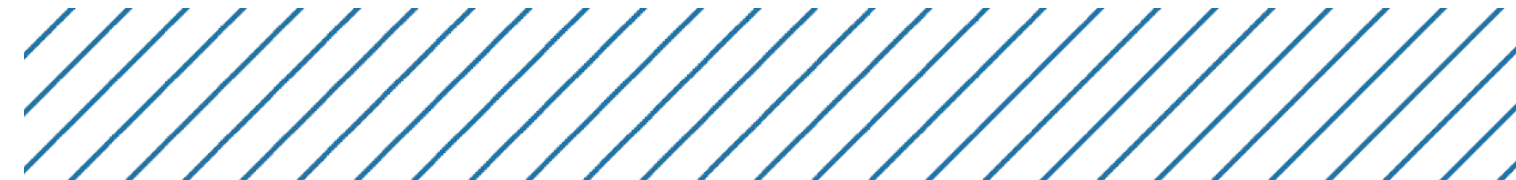
Erin McClintock

Senior Learning Experience Designer
BetterUp
@ErinMcClintock



Josh King

Third Grade Teacher
Bakersfield, CA
@JoshuaRylesKing



Agenda

- The Landscape of Burnout
- Remembering Your “Why”
- Perfection Over Production
- Strategies for Mitigating Burnout
- Success Story: San Antonio ISD
- Questions & Discussion

Ground Rules

- Note that this is a hot topic and can be a touchy issue to discuss.
- There are both teachers and admin/district leaders in this session, so we ask for open minds, honest hearts, and kind words.
- There will be a chat moderator during this time– please feel free to use the chat to connect and reflect.

Why am I still here?



EDUCATION JUNE 13, 2022

K-12 Workers Have Highest Burnout Rate in U.S.

TEACHING & LEARNING

The Mental Health Crisis Causing Teachers to Quit

Teachers are leaving careers they love in a last-ditch effort to save their mental health. How did we get here?

TEACHING PROFESSION

Stress, Burnout, Depression: Teachers and Principals Are Not Doing Well, New Data Confirm

SUCCESS • BURNOUT

K-12 workers are the most burned out employees in America, and it's a sign the teacher shortage is about to intensify

EDUCATION

School is out, but teacher stress and burnout is still in session



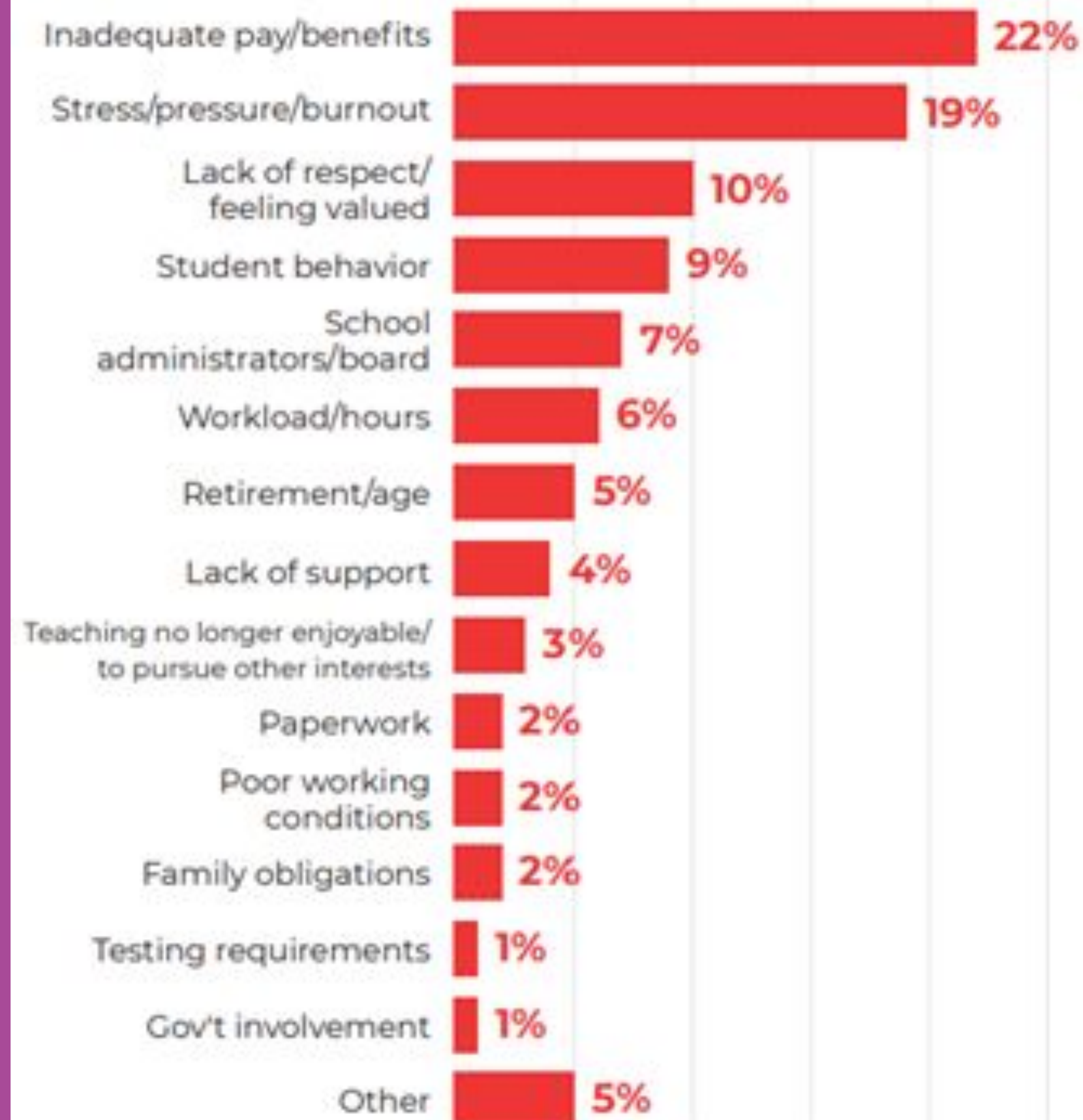
55%

**of educators say they plan to leave
education sooner than planned
because of the pandemic**

NEA MEMBER SURVEY, JANUARY 2022



Reasons teachers have considered leaving the profession



PDK poll, 2019

The New Educator Experience



The “Why” Behind the Headlines...

We asked teachers on Instagram, Facebook, Twitter and TikTok why they're experiencing burnout. These are just a few of the trending responses:

- Student behavior
- Bad parenting/ No support from parents
- Support from Admin
- No follow through or resolutions
- Lack of boundaries
- Unrealistic expectations (Too much being expected)
- Rules being created by those never in the profession
- Too many trainings/meetings with no time to prep or work
- Pressure, shame & guilt put on teacher to work above and beyond their contracts





Tell us in the chat...

**What was your “why”
when you started?**





Tell us in the chat...

**What keeps you going/showing
up every day?**





Perfection Over Production



Perfection Over Production

- Teachers feel a lot of pressure around perfecting certain things
- Districts and schools constantly rolling out new products, new curriculum, new methods and strategies
- Teachers are already juggling so much, and are expected to tackle new projects and new committees



Strategies

- A teacher needs to be able and should be given the time and opportunity to perfect things before being given more to do.
- Consistency is important
- Check in on your teachers/teacher friends





Strategies for Mitigating Burnout

mental health tips to put into practice today

Cultivating Daily Practices for Well-being



Control the
controllable



Carve out time for
self-care



Prioritize
movement



Model
self-compassion



Set reasonable
expectations



Communicate



Be unapologetic

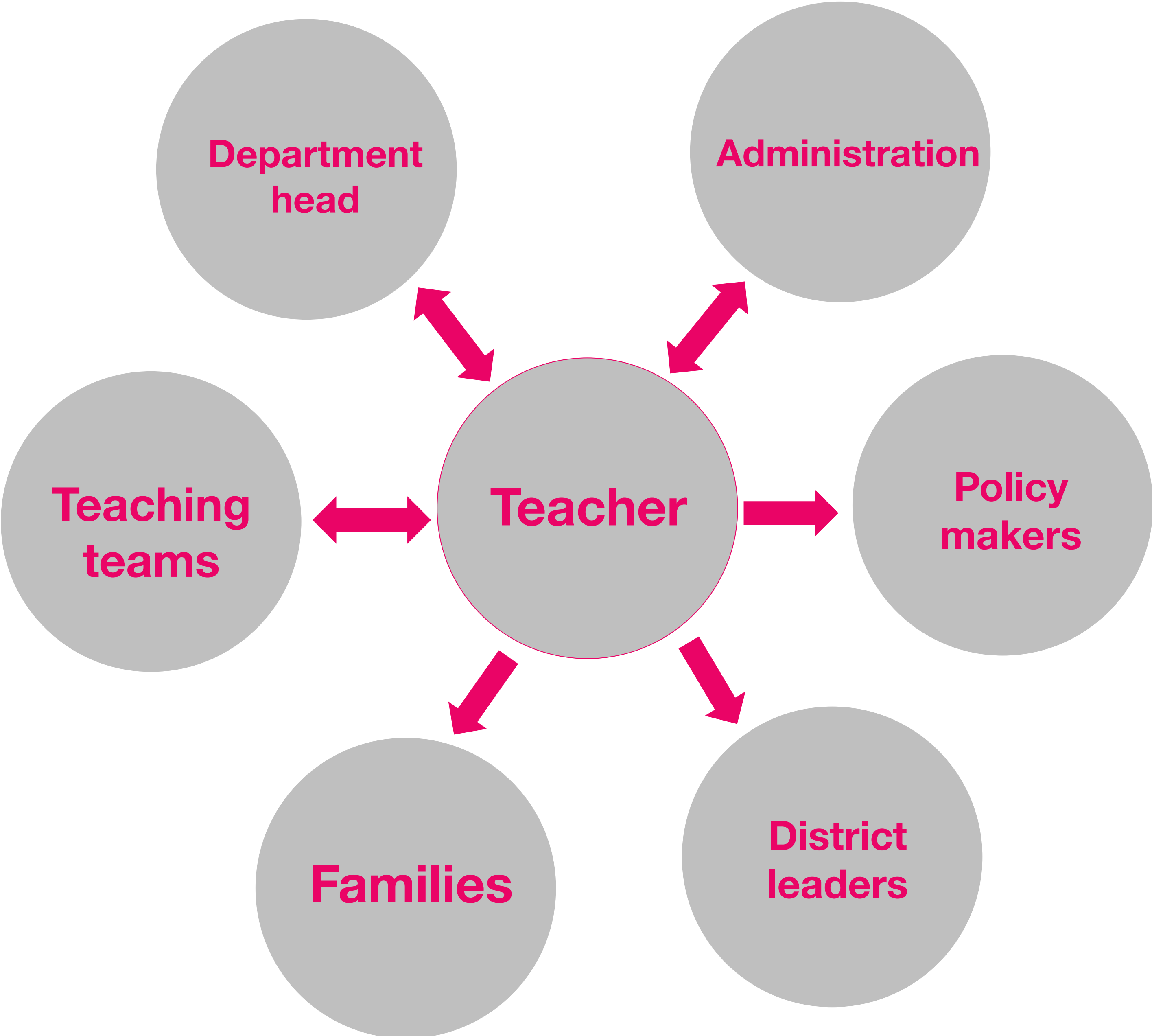


Set healthy
boundaries



Find a support
system

A Systemic Approach to Burnout Prevention





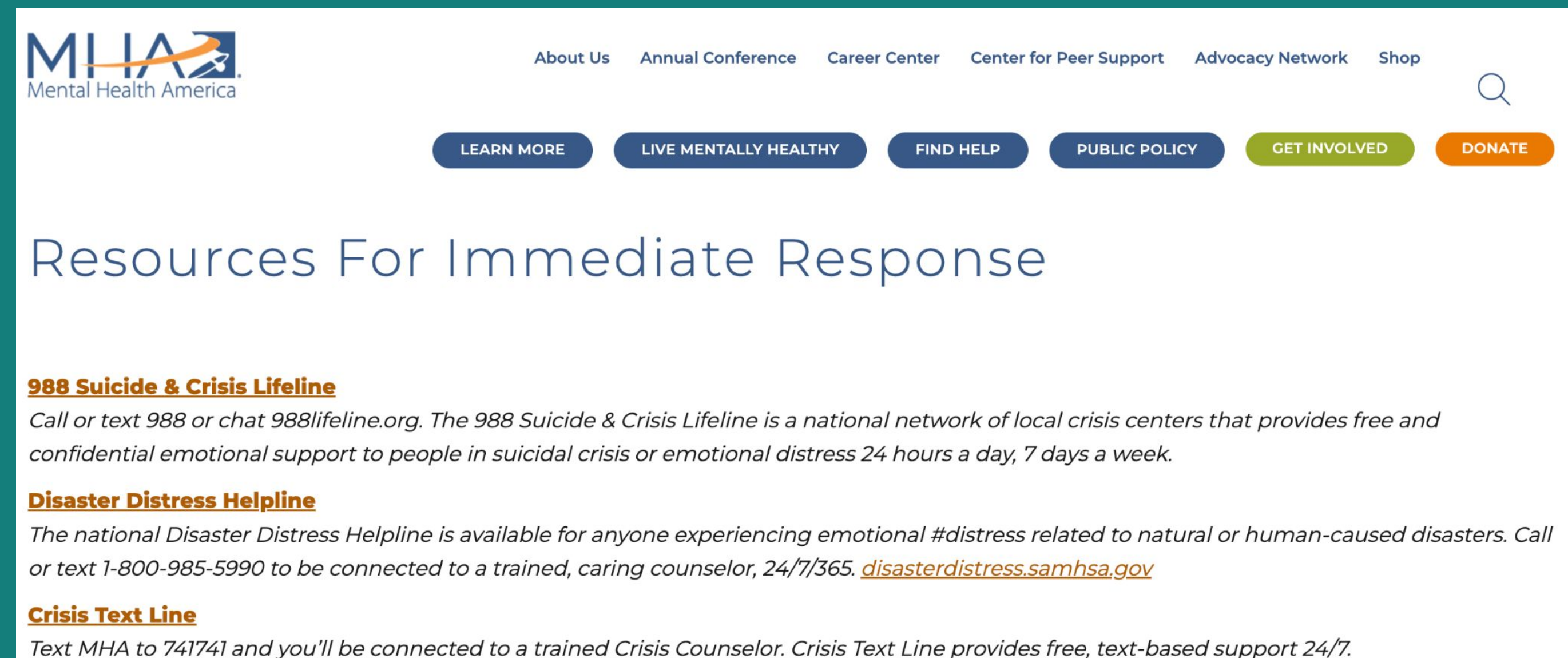
Success Story

San Antonio ISD



Mental Health Resources

- EAP
- National Crisis Resources – Mental Health America
 - <https://mhanational.org/crisisresources>
- Local support groups



The screenshot displays the Mental Health America (MHA) website. At the top left is the MHA logo. The top right navigation bar includes links for 'About Us', 'Annual Conference', 'Career Center', 'Center for Peer Support', 'Advocacy Network', and 'Shop'. Below this is a row of action buttons: 'LEARN MORE', 'LIVE MENTALLY HEALTHY', 'FIND HELP', 'PUBLIC POLICY', 'GET INVOLVED', and 'DONATE'. The main heading is 'Resources For Immediate Response'. Below this, three sections are listed: '988 Suicide & Crisis Lifeline' (describing a national network for 24/7 support), 'Disaster Distress Helpline' (describing a helpline for disaster-related distress), and 'Crisis Text Line' (describing a text-based support service).

MHA
Mental Health America

About Us Annual Conference Career Center Center for Peer Support Advocacy Network Shop

LEARN MORE LIVE MENTALLY HEALTHY FIND HELP PUBLIC POLICY GET INVOLVED DONATE

Resources For Immediate Response

988 Suicide & Crisis Lifeline
Call or text 988 or chat 988lifeline.org. The 988 Suicide & Crisis Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.


Disaster Distress Helpline
The national Disaster Distress Helpline is available for anyone experiencing emotional #distress related to natural or human-caused disasters. Call or text 1-800-985-5990 to be connected to a trained, caring counselor, 24/7/365. disasterdistress.samhsa.gov

Crisis Text Line
Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.



Now, take everything you just chatted and responded to...

Think about a moment or two of hope in your role: something that affirmed your work or your purpose. Write it down and hold it in your heart for a moment.



“

You know what the happiest animal on Earth is? It's a goldfish. You know why? Got a ten-second memory. Be a goldfish.

”



Ted Lasso

Thank you! Let's go Forward Together!



#LearnOn2022

- Access resources at everfi.com/create
- Join the EVERFI K-12 Facebook Page
- Follow us on social



@EVERFIK12

