

Ensuring wellbeing for teachers

One of the lessons that we were taught by the COVID-19 pandemic was to prioritise our wellbeing, including teachers where they needed to shift into a completely new reality. Due to the demanding nature of the job, it is extremely easy getting burned out without realising it. Some elements of burning out might indicate :

- Lack of motivation as a teacher
- Emotional instability in comparison to before
- Lack of energy to socialise with your close circle
- Having difficulty in sleeping
- Performance decline

Important note: due to the overlap of the above symptoms with other mental health conditions, if you are concerned please seek for professional advice.

If you are experiencing 'the teacher burnout' here are some ways that you can improve your wellbeing!

1. Consider self-care as a priority- Self care is really important in maintaining your wellbeing so it is important to find which self-care activities are more suitable for you.
2. Establish your boundaries- After teaching/ working hours are over, do not engage with more work during your personal time except if there is something urgent.
3. Act quickly- In case you identify signs of burn out , handle the situation appropriately

It is essential not to 'guilt' yourself for maintaining your wellbeing and engaging in activities that bring you joy. Remember to be kind to yourself as you are investing in your health and wellbeing that is something extremely important for present and future. When feeling overwhelmed just take a step back and reflect on the reasons you are enjoying your job as a teacher while also acknowledging its difficult elements. Thus it is extremely important to reward yourself as well whenever possible. In addition, you need to realise the extra difficulties that come along with online teaching. Being flexible and planning ahead your lesson might be also something that will help you out and make you feel more relaxed and prepared!

References:

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