

Teacher Burnout

By: A.L. Marjan Abbasian

TEACHER BURNOUT



100% 

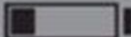


75% 

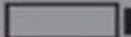


50% 



25% 



0% 

What is it and how can we avoid it?

What is teacher burnout?

Psychology today describes burnout as "a state of chronic stress that leads to physical and emotional exhaustion, cynicism, detachment, and feelings of ineffectiveness and lack of accomplishment." Teachers are usually high achievers who like to work hard and are always looking for ways to improve. These traits are commendable but can mean that educators fall prey to perfectionism and don't leave enough time for rest and recuperation.



Signs of Burnout

True burnout is much more than simply feeling tired or overwhelmed, and can lead to serious depression.

- Fatigue and sleep issues
- Repeated periods of forgetfulness and intense trouble concentrating
- Appetite and weight issues
- Depression and anxiety



Preventing teacher burnout and Managing it

- ❑ **Prioritise self-care**
- ❑ **Set and keep clear work boundaries.**
- ❑ **Identify the early warning signs**
- ❑ **Seek out connections**

How to manage?

- ❖ **Be kind to yourself**
- ❖ **Talk it out.**
- ❖ **Evaluate your options**
- ❖ **Seek formal support.**



The Effect of teacher Burnout on Students

- ❑ Teacher burnout negatively impacts students.
- ❑ This experience causes students to fall behind and significantly disrupts learning.
- ❑ High turnover affects the achievement of all students.
- ❑ Teachers overwhelmed by stress use less effective teacher strategies.
- ❑ It also results in less stimulating classroom environments.
- ❑ Their classrooms also suffered from significant student disruptions.
- ❑ Teachers inadvertently pass their stress on to students.



A close-up photograph of a person's hands holding a dark pen. The person is wearing a light-colored, short-sleeved button-down shirt. The background is blurred. A semi-transparent horizontal bar is overlaid across the middle of the image, containing the text 'THANK YOU' in a bold, black, sans-serif font.

THANK YOU