

Rethink. Reset. Revitalize.

Three Steps to Curbing Educator Burnout

Though being responsive to the changing needs of our students is critical, treating the needs of educators as an equal priority is in the best interests of students and teachers alike.



1

Rethink: Awaken Your Awareness

Amid the new challenges of your workday, it's important to regularly check in on yourself and others to see how you're coping.

How to Check In with Yourself

Ask yourself, "How am I doing right now?" Determine whether you need connection, a break, or support.

How to Check In with Coworkers

Prioritize connection and collaboration. Designate time in your schedule (biweekly, weekly, daily) to connect with one another.

2

Reset: Note Your Needs

While adjusting to the evolving landscape, take note of your needs and respond accordingly.



When you lack energy, take a mental break.



When you lack patience, take an extra deep breath.



When you feel overwhelmed, reread something that comforts you.



When you feel isolated, take action to reach out regularly.



When you need an outlet, tap into what makes you YOU.



3

Revitalize: Strategize Your School Day

Prioritizing daily practices that support your well-being can help you find stability in these uncertain circumstances.

Before the School Day

Create a ritual. Whether you meditate, take a brisk walk, or eat an energizing breakfast, jump-start your day with intention.

During the School Day

Make meaningful space. Both mentally and physically, give yourself room during the day to relax and recharge.

After the School Day

Appreciate what you accomplished today. Whether in a journal or just internally, practice gratitude and be proud!

More Resources

1. [NEA: Helping Students and Educators Recover from COVID-19 Trauma](#)
2. [U.S. Department of Education: COVID-19 Resources for Schools, Students, and Families](#)
3. [District Administration Magazine: 350 Free K-12 Resources during Coronavirus Pandemic](#)
4. [Yale Child Study Center - Scholastic Collaborative: Coronavirus Resources](#)

