

EDUCATOR
EDITION

Well-being Safety Assessments

WWW.WELL-BEINGSAFETYASSESSMENTS.COM
573.451.2151



Helping Educators

Teaching our teachers how to care for themselves

Our teachers are always helping others before themselves. Whether they are working on lesson plans, tutoring a student or speaking with parents, an educator's work is rarely done. After working all day, they return home and take care of their own families leaving little time to maintain their personal well-being. This educator's guide will help every teacher recognize the importance of taking care of themselves and provide tips on how to accomplish and maintain a better "YOU."

You are not alone.

Many people do not understand or comprehend the stressors educators face on a day to day basis. Teachers and School Administrators will often find themselves saying, "I didn't learn how to do this in college" because they are continuously facing new challenges on a daily basis. If you have found yourself saying these words or just feeling completely overwhelmed with the expectations placed on you then this information may be for you.



Take the quiz.

As school officials, many of you will quickly recognize when a student or parent is struggling in a particular area as well as how to tailor your own delivery to help them calm down or understand what you are trying to say so you can assist them to get the help they need.

However, it can prove to be slightly more difficult to recognize when we personally are the ones having the issues. The quiz on the following page will highlight significant wellness struggles. Answer the questions based on your life over the last 6 months. At the end of the quiz, score your own answers and determine for yourself if reaching out for help is necessary.

Remember asking for help doesn't mean you're weak or incompetent in any way it just means you recognize the need for a change.



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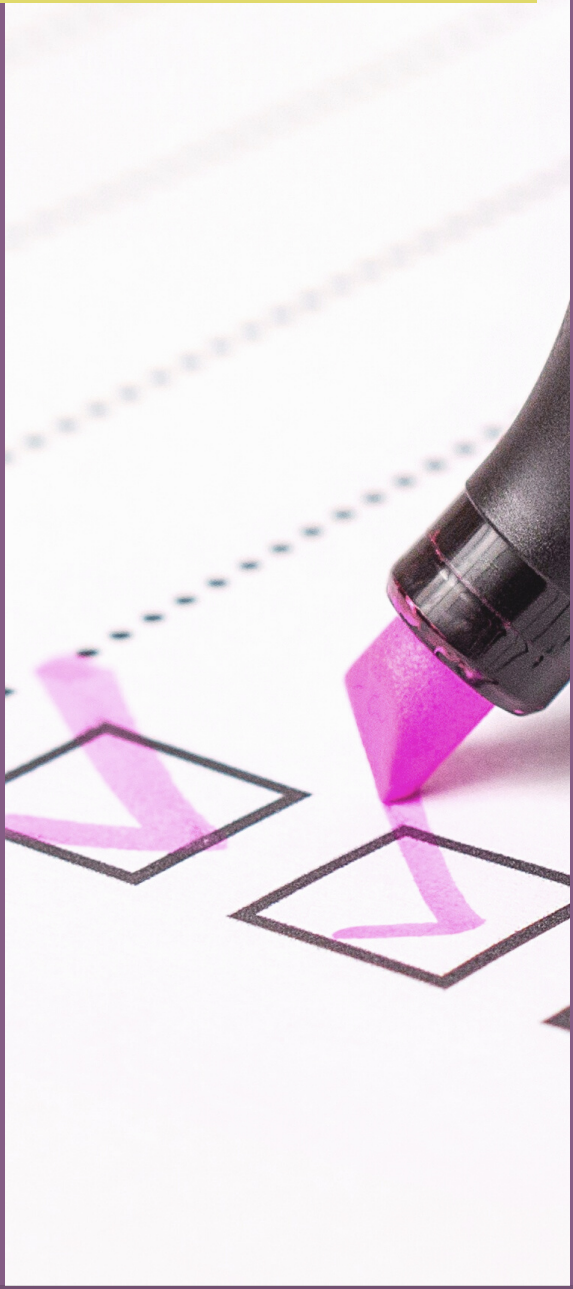
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HOW ARE YOU
DOING?

EDUCATOR QUIZ

CHECK THE STATEMENTS THAT
ARE TRUE FOR YOU.



- I feel a great deal of stress due to work.
- I don't feel equipped to do the job being asked of me.
- I don't feel supported by my co-workers/boss.
- I don't sleep well.
- I am uneasy/fearful in my work environment.
- The rules keep changing at my job.
- I don't feel I have time/energy to exercise.
- I have a hard time asking for help.
- I often think about all the things going wrong.
- I have a hard time focusing or concentrating.
- I am easily startled.
- I am over-eating or undereating due to stress.
- I feel like I will never get my job done.
- I have trouble relaxing.
- I feel worried most of the time.
- I feel out of control or helpless.

WHAT DOES IT MEAN?

Although everyone feels stress from time to time, the more statements checked above means the more likely you are to benefit from mental health assistance. Due to COVID-19, many educators are feeling incredibly overwhelmed during this difficult time.



THE SCHOOL HELPLINE

**Educators can call, text, email or message
24/7- 365 days a year**

**STRUGGLING WITH COVID-19
CHALLENGES**

DEALING WITH ANXIETY/STRESS

DEPRESSION

FEELING OVERWHELMED

SUBSTANCE ABUSE

NEEDING TO TALK TO SOMEONE

School Districts can subscribe to
monthly or yearly services

Teachers can subscribe for themselves and/or
their classrooms

Self-Care Tips

1. Buy a nice Journal and new pen and start writing everyday.
2. Identify 5 things you are grateful to have in your life.
3. Learn to meditate with co-workers/students.
4. Take a fun class with a friend (i.e. yoga or painting).
5. Organize a cluttered space or junk drawer.
6. Listen to a great podcast or audio book.
7. Decorate your classroom/office for a special holiday.
8. Order lunch from somewhere new.
9. Write positive comments on sticky notes for your students to find.
10. Learn to say the word, "No." It doesn't mean you are a bad person.
11. Order a best-seller and actually read it.
12. Make homemade soap for yourself and a friend.
13. Try a new hobby like croquetting or woodworking.
14. Take a day trip to somewhere new with your partner.
15. Buy a new outfit and go out to dinner at your favorite restaurant..
16. Design a mask on Teespring and wear it proudly.
17. Watch a crafting You-tube video and create a new project.
18. Volunteer somewhere in your community.



SELF-CARE IDEAS

for
Teachers

19. Get a new haircut and update SM.
20. Try sleeping with a weighted blanket.
21. Use a new scented candle.
22. Buy a new house plant and nurture it.
23. Grab a flavored coffee/tea and enjoy!
24. Play a new game online with friends.
25. Try a new recipe for dinner.
26. Make a shadow box with all your favs.
27. Tell someone how much you love them.
28. Breathe deeply in and out 10X.

Notes