

Burnout

- **Burnout** is a **Psychological** term for the experience of long-term exhaustion and diminished interest "a general wearing out from the pressures of work"



What is Burnout?

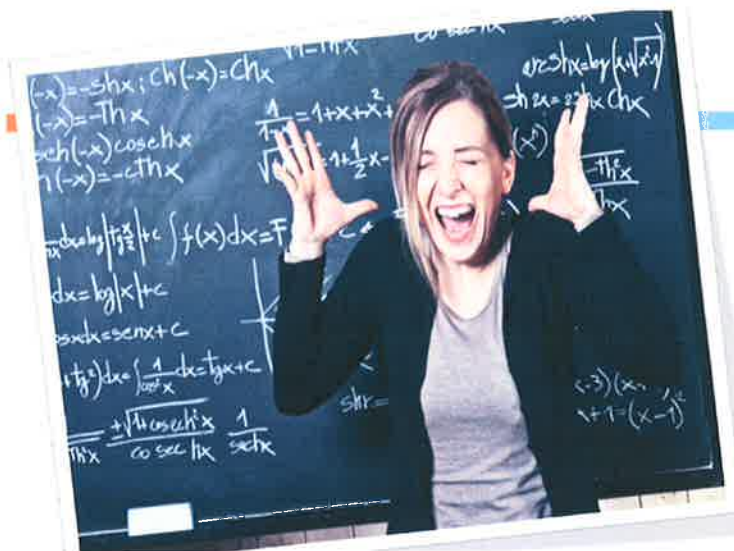
- **Burnout** is a state of emotional, mental, and physical exhaustion caused by excessive and prolonged stress.
- **It occurs** when you feel overwhelmed and unable to meet constant demands. As the stress continues, you begin to lose the interest or motivation.
- **Burnout reduces your productivity** and finish your energy, leaving you feeling increasingly helpless, hopeless, cynical (pessimistic), and resentful (angry).
- **Eventually**, you may feel like you have **nothing more to give**.



Burnout is a term which is frequently used to describe the emotional and physical exhaustion

experienced by people as a direct result of excessive study or work related stress.

Burnout can cause significant physical, emotional, psychological, and spiritual damage to people.



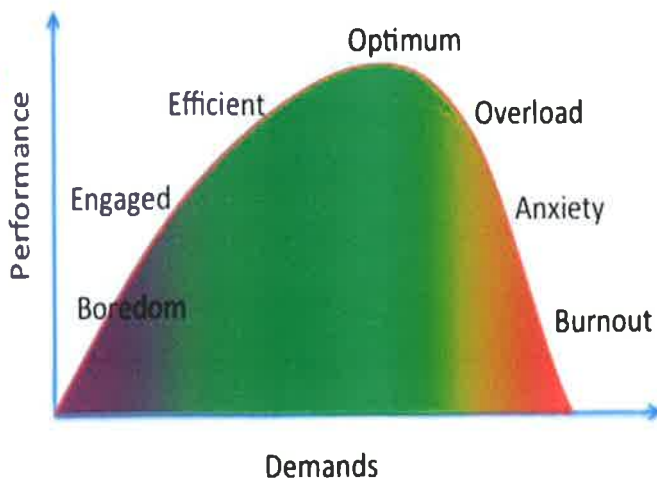
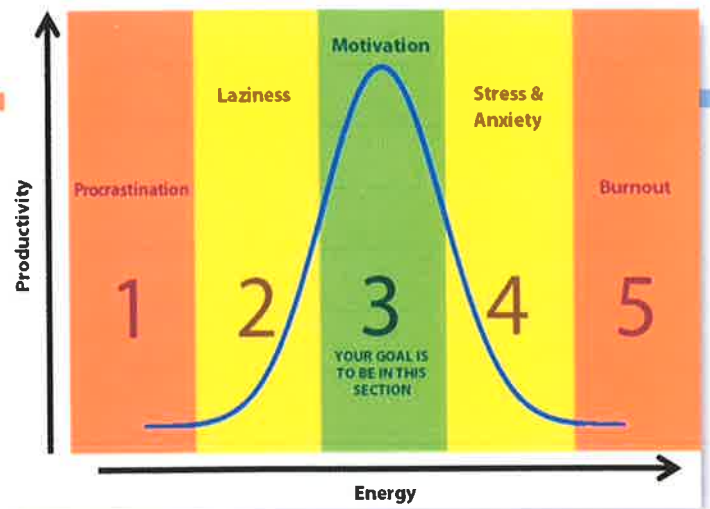
- Most of us have days when we feel bored, overloaded, or unappreciated; let alone .
- If you feel like this most of the time, however, you may be flirting with burnout.



You maybe on the road to burnout if:

- Every day is a bad day.
- Caring about your work or home life seems like a total waste of energy.
- You're exhausted all the time.
- The majority of your day is spent on tasks you find either dull or overwhelming.
- You feel like nothing you do makes a difference or is appreciated.

The negative effects of burnout spill over into every area of life - including your home and social life. Burnout can also cause long-term changes to your body that make you vulnerable(weak) to illnesses like colds and flu. Because of its many consequences, it's important to deal with burnout right away.



Dealing with “The tree R” Approach

- **Recognize** - Watch for the warning signs of burnout
- **Reverse** - Undo the damage by managing stress and seeking support
- **Resilience** - Build your resilience(hardness) to stress by taking care of your physical and emotional health



Teachers Burnout

Teachers deal with their challenges and stresses in many ways.



Some teachers are unable to manage their workload while others are discouraged and become bitter.



Many teachers find ways to disassociate themselves against a hostile school environment.



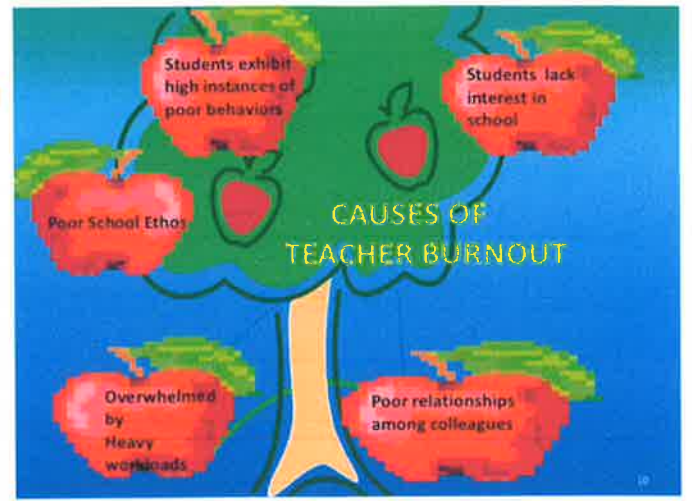
Causes of teachers stress

- ❑ When teachers teach student's that lack interest in school, not completing their assignments, who exhibit high instances of poor behavior
- ❑ There are many poor relationships among colleagues
- ❑ Teachers feeling overwhelmed by heavy workloads placed on them
- ❑ The school has poor ethos



DEFINITION OF TEACHER BURNOUT

Freudeinberger (1974) identified burnout as a form of occupational stress that is an inevitable struggle for all helping professionals who work with others, no matter how dedicated, committed, and skillful they may be.



Symptoms of teachers Burnout

- Teachers are reluctant to discuss their work with others
- Teachers exhibit attitudes of cynicism, negativity and callousness toward the students, parents and colleagues
- When teachers lack the enthusiasm and experience emotional exhaustion
- Demonstrate decreased effectiveness in their job performance and feel powerless to alter their situation



Suggestions to reduce Burnout

- Smaller class size
- Reduction in paperwork
- More support and interaction from colleagues, administrators and coordinators
- Observation of colleagues for development and collaboration purposes
- Planning periods
- Mentor programs
- Workshops designed for dealing with stress
- Development of clear job description
- Proper placement of student's with disabilities



REDUCE YOUR WORKLOAD

FIGURE OUT WHAT THE MOST STRESSFUL PARTS OF YOUR TEACHING LIFE ARE, AND FIND SOLUTIONS



PREVENT BURNOUT

RECHARGE

EAT PROPERLY
EXERCISE
RELAX
SLEEP
HAVE SOME "ME TIME"

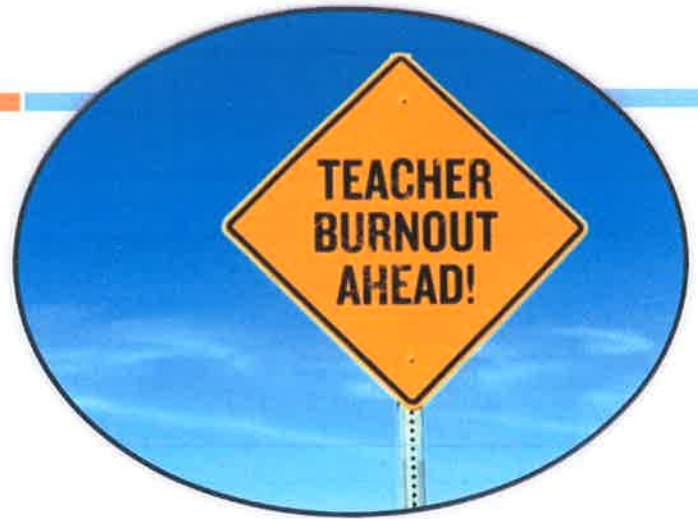


PREVENT BURNOUT

PREVENT BURNOUT

RECONNECT

- BUILD A PROFESSIONAL SUPPORT NETWORK
- ATTEND CONFERENCES
- BLOG
- TAKE CLASSES



Pace and Balance Yourself



- Pay attention to your optimal performance times.
- Balance your day between difficult and pleasant tasks.
- Take advantage of breaks.
- Take advantage of a flexible work schedule.
- Organize your day
- Track and manage interruptions.

Preventing burnout

If you recognize the warning signs of impending burnout in yourself, remember that it will only get worse if you leave it alone.

But if you take steps to get your life back into **balance**, you can prevent burnout from becoming a full-blown breakdown.





How To Prevent Teacher Burnout

Goofy - Teachers Are People

<https://www.youtube.com/watch?v=ON9PdG48jXA>

<https://www.youtube.com/watch?v=dMdtBep3W9c>