



Materials for individual work and for work in groups.

## HOW TO RECOGNIZE SYMPTOMS OF BURNOUT, SYMPTOMS AND THREATS.

The questionnaire and interview questionnaire will provide you with a reasonable assessment of your distance to work, the risk of professional burnout, the bad mood associated with the condition of the teacher's health. Please read the material, listen to the instructor's instructions and honestly answer the questions in the material.



## **STRESS FOR YOUR OWN WISH - STRESS PRODUCED BY YOURSELF**

(Blankstein and others)

### **Survey for teachers**

1. I quickly lose my patience, many things happen to me too slowly
2. I often react with irritation when something goes wrong, not as I imagine it.
3. I often get annoyed by trifles.
4. I cannot show my weakness because others could use it immediately.
5. I always have to be better than the others.
6. I'm afraid of making mistakes.
7. I am unhappy because my professional expectations are not fulfilled.
8. Recently annoying situations have been accumulated in my life.

Ask YES or NO for each question



"Wsparcie społeczne" ( Olschewski , 1995a)- Radzenie sobie ze stresem w zawodzie nauczyciela.

Answer the following questions:

1. Who do you spend most of your time with?
2. Which people in your environment are really important to you?
3. Who do you talk about yourself and about your personal affairs with?
4. Who do you spend your private time of your own will with?
5. Who would you be more willing to make contact with?
6. Who would you make a new contact with?

The less people in point 1 you had in the answer to questions 2-4, the more profitable it is to readjust their social environment to their own needs. Your answers to questions 5 and 6 are a good hint for future changes.



## **Zarządzanie czasem ( Seiwert,1988) – jak dobre jest Twoje zarządzanie czasem?**

### **How good is your time management?**

For each sentence, check how often you find it:

Almost never (0), sometimes (1), often (2), or almost always (3)

1. Every day I reserve some time for preparatory work and planning.
2. I delegate all tasks that can be delegated.
3. I am writing assignments and goals, providing them with a planned execution date.
4. I try to perform every operation at once, bringing it to an end.
5. Every day I make a list of tasks to do, setting priorities. The most important things I do at the beginning.
6. I try, as far as possible, to avoid being distracted during the day by telephone conversations, unannounced guests, and sudden conferences.
7. I try to sort out the work according to my individual performance curve.
8. In my schedule I also plan some leisure time, which allows me to react to urgent problems.
9. I try to direct my actions in such a way as to focus first on important things.
10. . I can say "NO" when others want to take my time, while I have more important things to do.

Sum up the points. The higher your score, the better your time management. In the case of a low result, you should work on your own time management system.

0-15 points: you do not manage your time at all, letting others do it for you. It is very profitable to work on your own time management system.

16-20 points: you are trying to gain control over your time but you are not yet consistent enough to succeed. It is worth working on your own time management system.

21-30 points: Your management system sometimes is good or even very good.



## **Stress overload (Blankstein and others)**

Ask YES or NO for each question

1. The work is overwhelming me gradually.
2. I have the feeling that I have to do everything myself to make the task a success.
3. There are days when I have the feeling that I could not handle any of the previously scheduled matters.
4. I have no time to deal with what is really important at all.
5. For me, the task is done only when I have the feeling that nothing need to be improved anymore.
6. It is absolutely not enough for me to do all the work in my working hours.