

Words of Wellness



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MOVING FROM BURNOUT TO ENGAGEMENT

by Michael LeBlanc and Eileen Anderson

Teaching is one of the professions with a high rate of burnout. We give a lot of our energy to our work and sometimes pay the price. The 3 key indicators of burnout are physical/emotional exhaustion, increased cynicism/anger, and lost confidence. If you are experiencing these signs it might be time for you to make some changes in your life. In this WOW we present strategies to bring yourself from burnout to engagement.



Strategies to Exit from Burnout

- Assess your energy levels. If you are depleted, commit to making changes in your life to restore them.
- Incorporate self-compassion as you make changes – observe your negative self-talk and treat yourself with respect and kindness. For more on this topic see Kristin Neff's work at <http://self-compassion.org/>
- Accept a reasonable pace. You won't be able to accomplish everything you want right away. Do what you can, and work on letting go of the guilt or self-criticism that might creep in. Aim for small, incremental changes that stick.
- Get enough sleep – if you are unsure if you are getting enough sleep, try this simple questionnaire to get some answers, then start implementing healthier sleep hygiene. <https://www.sleepapnea.org/assets/files/pdf/ESS%20PDF%201990-97.pdf>
- Develop a strong support team, including your family doctor, a counsellor, a massage therapist, and/or a naturopath, all covered by most insurance plans.
- Develop stress management skills – mindful meditation, yoga, deep breathing exercises and gratitude journaling are great habits to establish. Do them everyday. Think of them as anchors, not extras. Consider this your very own mental health strategy.
- Exercise and move regularly, even in winter and especially when you are really overloaded with work – it helps reduce brain fog and increases energy.

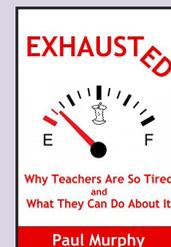
For more information about recovering from burnout check out the November issue of the *NBTA News*.



Win a Book!

We are giving away 2 books on Burnout recovery:

Exhausted: Why teachers are so tired and what they can do about it by Paul Murphy



To qualify go to our website at www.teacherwellness.ca and go to "Comments".

Send us your strategies on staying healthy at work.

On December 15th, we will draw 2 names to win this resource!

If you are looking for some resources on this topic, check these out:

Fried: Why you burn out and how to revive
by Joan Borysenko

www.teacherwellness.ca

<https://greatergood.berkeley.edu/>