

NOT | WAITING FOR
SUPERMAN

**Your
Personalised
Burnout
Prevention
Report**



How to Prevent Teacher Burnout

Thank you for using my burnout assessment tool. It is the result of many days work, research and personal experience. I have collected together the best advice for teachers wanting to avoid burnout, and married them with the advice I received from my own doctor over the years.

Use these strategies to look after yourself. An unsustainable working life isn't good for your health, your students, or your family.

1. Make time for you - laugh, smile and do the things that you enjoy - even if you have work coming out of your ears.

2. Learn to say "no" - recognise that a broken you is no good to anyone, and start saying no to the 'little things' we all add to our jobs thinking we can manage.

3. Pick your battles - not just with students, but staff too. Accept there are some things you can't change, and some battles which are just not worth fighting.

4. Monitor yourself - be aware of your feelings and be proactive in talking about them. Start recognising the signs of mental and physical exhaustion and put your health before your job.

5. Take time off - a day off each weekend is a start. But taking a day off for you is important. It could be a work day which you decide to have off, not because you are sick - but because you know you need it.

6. Sleep - monitor how much sleep you are getting and how restful it is. Trouble sleeping is one of the warning signs of burnout, especially if you struggle to sleep when you are physically and mentally tired.

7. Monitor any physical symptoms - headaches, stomach aches, depression, not thinking clearly, heart palpitations and chest pain are all signs that you are burning out. Take them seriously and see a doctor before they become a bigger problem.

8. Exercise - Make time for exercise and movement, human beings are built to move. The endorphins released by exercise are important to our mental health.



9. Eat a healthy diet - take time to eat fresh wholesome food. If you starve yourself of nutrients your body will not be able to mend itself or keep up with your hectic schedule.

10. Ask your management and school what they are doing to reduce teacher workload. This is a key part of the drive to retain teachers in the profession - governments are asking this question of schools too.

11. Change a toxic job - ultimately plan to move on to a school or other job which treats you with more respect. Even making that plan often makes you feel better.

12. Reduce your hours - I now teach part time at school and [supplement my income with online teaching](#). I have more time for my family and much lower stress levels as a result.

13. Start small - set small goals for yourself and work towards them. Make realistic lists of things to do - and reward yourself for small signs of progress.

14. Create a 'someday' list - recognise that in your job you cannot do everything, so make a mental list of things which you are not going to have time to do .. and don't do them.

15. Freshen things up - try something new in the classroom, a new lesson - teaching a different way. A change is sometimes what you need to start feeling positive about your job again.

16. Talk to someone who is positive about things - share what you are going through with someone who will be your positive sounding board. Sinking into negativity won't help you cope.

But, My Best Advice is This ..

I have one last piece of advice to help you avoid teacher burnout. It's the thing that mended me - *but I am afraid you will dismiss it.*

It's a 10 minute ritual I keep every morning, which increases my capacity for rational thought in a busy life.



In my experience, it is MUCH more effective than anything I have ever tried – and it beats any medication your doctor might prescribe for depression, stress or anxiety - hands down.

I want to explain this for you, in 3 emails which I have written especially for teachers in stressful jobs.

- In these emails I explain the one thing most hard-working teachers miss - which puts them at a significantly increased risk of burnout.
- I will show you how a simple exercise can increase your happiness, and at the same time grow your capacity to work a busy job.
- And I will explain how this can work for you - whatever your current physical or mental state.



This simple exercise totally changed how I see stress, and gave me a new perspective on my life. It has made me a better teacher, partner and father to my daughter.

I know it can help you too.

Keep tuned to your email inbox – I will send the first of 3 emails tomorrow.

James

