

5 TIPS FOR COMBATING BURNOUT

Teaching with CLASS Podcast

Season 2 Episode 7

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Burnout among early childhood educators has become increasingly prevalent in recent years, presenting challenges for administrators, teachers, observers, and staff. Recognizing and addressing burnout is crucial for maintaining a healthy work environment and ensuring the well-being of educators and students alike.

+ Focus On Your Why:

Write your why on a sticky note where you will see, feel, and remember it. If you didn't love what you do or have an interest in what you do, you wouldn't keep showing up, and this job is challenging! Physically, mentally, and emotionally, so being grounded in your why can really help you get through the day-to-day.

+ Find Your Support Network:

Find positive people who will support you! Surround yourself with positivity and people who will empathize with you. Be mindful of who you are interacting with and how you're responding.

+ Focus On Joy And Relationships:

One of the biggest perks of working in early childhood education is working with young children, having fun, and being silly. You get to go and focus on joy and building relationships. Sometimes, it is more important to pause your lesson plan and go with what you know works or what should be addressed at that moment. Relationships impact all of the learning outcomes you're trying to achieve.

+ Put Yourself On The List:

There is no program or regime for self-care, it is different for everyone. It can feel difficult to make time for yourself, but just do your best to be mindful of the things that will take care of your physical and mental health. It all boils down to things that you do to take care of you in a way that makes you feel more like yourself. Also, if you aren't engaging in self-care, don't be too hard on yourself. Be gentle with yourself and do what you can to prioritize your needs.

+ Advocate For Yourself And Your Students:

It's not just about being a voice for the voiceless of your children, but also for yourself, the families, and your co-workers. It's a big job, but when you are advocating for everyone but yourself, you will burn out.

Addressing burnout requires a multifaceted approach that prioritizes self-awareness, community support, and intentional self-care. By implementing these strategies and fostering a culture of empathy and well-being, early childhood educators can navigate burnout more effectively and sustainably.

To listen to this episode and read the transcript, visit <https://info.teachstone.com/blog/combating-burnout>

