



# **PRIORITIZING TEACHER MENTAL HEALTH**

**MENTAL HEALTH  
ASSOCIATION OF  
EAST TENNESSEE**

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# TEACHER MENTAL HEALTH RESEARCH AND ARTICLES

- [2017 Educator Quality of Work Life Survey](#)
- [Nuffield Foundation Teacher Mental Health Survey](#)
- [2018 Teacher Well-being Index](#)
- [Workplace Hazards for Teachers](#)
- [The Rise of Teacher Stress](#)

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Warning Signs of Teacher Burnout Include:

- Feeling irritable and quick to anger
- No desire to attend social gatherings
- Increased complaints
- Chronic fatigue or exhaustion
- Chronic insomnia
- Change in appetite
- Physical symptoms such as headaches or stomachaches
- Brain fog

[Source](#)

# TEACHER BURNOUT

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# MENTAL HEALTH RESOURCES AND INFORMATION

## Things Teachers can do for their own mental health

1. Set boundaries for yourself
  - a. This may mean not checking your e-mails after a certain hour or being available at all times to your students
  - b. This is especially important if you are a virtual teacher
2. Prioritize duties and set realistic expectations
  - a. You cannot accomplish everything you want to in a day. Realize what you need to do and realize what can be saved for another day
  - b. Do not feel like you lose your value as an individual or professional just because you are not able to accomplish everything you set out to
3. Surround yourself with a supportive social network
  - a. Find time to process with coworkers and people outside of work
4. Set time for self-care
  - a. Do something you find fun like spending time in nature, streaming videos, listening to a podcast, or gardening

## Things Administrators can do to support teacher mental health

1. Lead by example on setting boundaries and self-care
2. Give your staff permission to "drop the ball" with certain duties. Realize they cannot accomplish everything
3. Bring in programs or speakers to teach staff self-care skills like mindfulness
4. Create space for teachers to share about and process workplace stress without fear of administration judging their workplace performance or losing confidence in their abilities
5. Check in with staff who appear to be struggling

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[7 Self-Care Strategies for Teachers](#)

[10 Mental Health Tips for Teachers During the Covid-19 Pandemic](#)

[Mindfulness for Educators Webinar](#)

[CARE \(Cultivating Awareness and Resilience in Education\)](#) is a professional development program that helps teachers handle their stress and rediscover the joys of teaching.

## OTHER RESOURCES

[Virtual Calming Corner](#)

[Sanford Harmony SEL Program](#)

[Webinar: Filling Your Cup Comprehensive Self Care Strategies for the Educator](#)

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# MENTAL HEALTH COMMUNITY RESOURCES

## **Mental Health Association of East Tennessee**

Mental health resources, referrals, and support

[www.mhaet.com](http://www.mhaet.com)

Free mental health screenings: <https://www.mhaet.com/what-we-do/free-screenings/>

[info@mhaet.com](mailto:info@mhaet.com)

865-584-9125

## **Mental Health America**

Information on specific mental health conditions

[mhanational.org](http://mhanational.org)

## **TN Crisis Line**

855-CRISIS-1 (855-274-7471)

## **Text TN to 741-741**

## **National Suicide Prevention Lifeline**

1-800-273-8255

<https://suicidepreventionlifeline.org/>

## **Mobile Crisis**

<https://www.tn.gov/behavioral-health/need-help/crisis-services/mobile-crisis-services.html>

## **Frontier Health**

Northeast Tennessee

[www.frontierhealth.org](http://www.frontierhealth.org)

[finfo@frontierhealth.org](mailto:finfo@frontierhealth.org)

423-467-3600

## **McNabb Center**

[www.mcnabbcenter.org](http://www.mcnabbcenter.org)

1-800-255-9711

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# UPCOMING TEACHER MENTAL HEALTH WEBINARS

## **School Mental Health Virtual Learning Series Part 7, Promoting Educator Well-Being: Understanding and Combatting Compassion Fatigue, Burnout and Secondary Traumatic Stress – Webinar Series**

November 4, 2020 3:00 PM ET

This is a webinar series with a focus on advancing high quality, sustainable school mental health from a multi-tiered system of support, trauma sensitive, and culturally responsive and equitable lens. Through this series, participants should gain an increased awareness of high quality, sustainable multi-tiered system of school mental health supports and services.

## **Well-Being Wednesdays: Clarifying, Aligning with and Committing to One's Values – Webinar Series**

November 11, 2020 1:00 PM ET

Well-Being Wednesdays is a webinar series geared toward education professionals, administrators, and stakeholders, who are working together to create a culture of well-being that supports not only the students in their buildings, but the educators too. Each monthly session will outline each of the 10 ARC practice modules and follow a tell-show-do approach. Content will focus on one skill per session, outlining the skills, providing examples, and encouraging use of the skill.

## **Self-Care and Compassion for the Educator: Interrupt Unhelpful Habits Through Mindfulness Practices That Work!**

November 12, 2020 6:00 PM ET

During these workshops, participants will practice skills to decrease stressors on mind/body systems to stay connected to the wonders and curiosities of teaching using evidence-based mindfulness practices, radical acceptance and values-driven goal setting.

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# HAMILTON COUNTY SCHOOLS

## INDUCTION PROGRAM

Hamilton County Schools Induction program launched in the fall of 2018 with a differentiated, wrap-around design to support all teachers, novice and experienced, within their first three years of joining the district.

[Induction Program Overview](#)

[Whole Teacher=Well Teacher Overview](#)

### **Induction Program General Information**

There is one Induction Liaison (Lead Mentor) at every building in the school district who acts as an extension of our district Induction work to coordinate support mentor (novice teacher mentors) work and provide school-based New Teacher Network sessions. Lead Mentors receive training 4-times a year in Leading With Authenticity, Active Listening Strategies, Meaningful Conversations, and Collaborative Planning for New Teacher Network Sessions.

### **Links from last week's training on Supporting Teachers in Trauma:**

[Meaningful Conversations: Supporting Teachers In Trauma](#)

[Research and Strategies for Teachers in Trauma](#)

[5 Alternatives to Asking New Teachers How They're Doing](#)

### **Whole Teacher=Well Teacher Practice Guides (Jennifer Knowles, Mindfulness Consultant)**

[Affirming What Matters: Identifying our core values and turning them into action](#)

[Self-Awareness](#)

[Self-Care](#)

### **Wellness Wednesday Email Archive**

### **Induction Specialist Erin Kirby's Favorite Podcasts and Resources for Wellness:**

[Beginning Teacher Wednesday, with Jen Hawkins](#) [Podcast]

[Truth For Teachers, with Angela Watson](#) [Podcast]

[Bright Morning, with Elena Aguilar](#) [Podcast]

[Resilient Educator](#)

[Lead With Grace: Leaning Into the Soft Skills of Leadership](#) [Book]