



Prioritizing Teacher Mental Health:

HOW TO SURVIVE AND THRIVE THIS
SCHOOL YEAR

MENTAL HEALTH Association

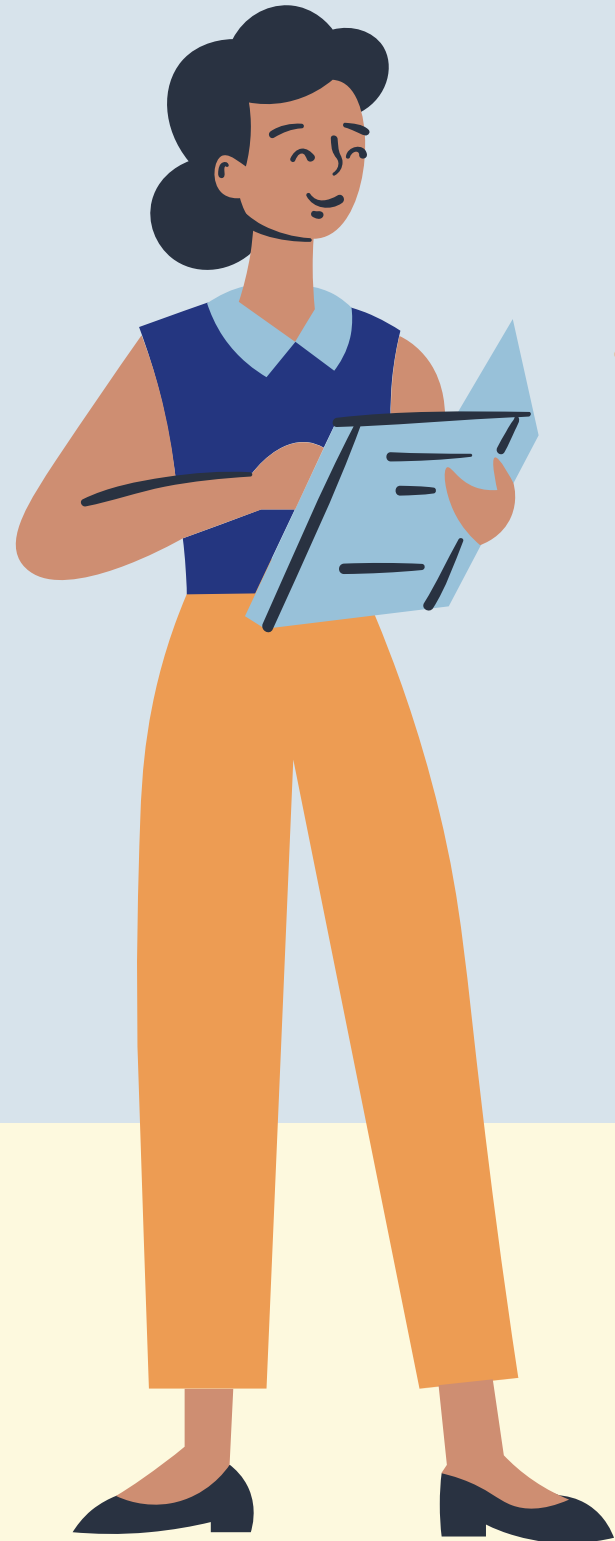


of east tennessee

The Mental Health Association of East Tennessee is dedicated to the promotion of mental health awareness, wellness, and recovery in our communities.



Topics for Discussion



- **Teacher Mental Health Statistics**
- **Work Related Stress**
- **Stress of COVID 19**
- **Start the Conversation**
- **How to Help Yourself**
- **Social Support**
- **Asking for Help**
- **What can we do?**
- **Resources**

Teacher Mental Health: Statistics



61%

Always or Often
Stressful

1 in 3

Quit within the
first 5 years

58%

"Not good" for at
least 7 of the past 30
days

1 in 20

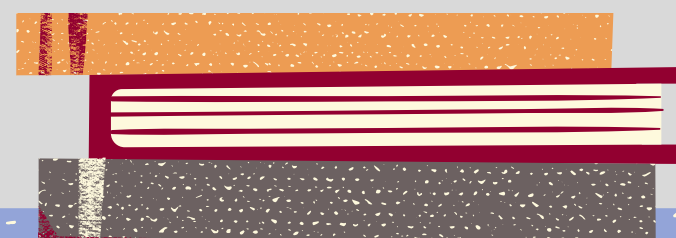
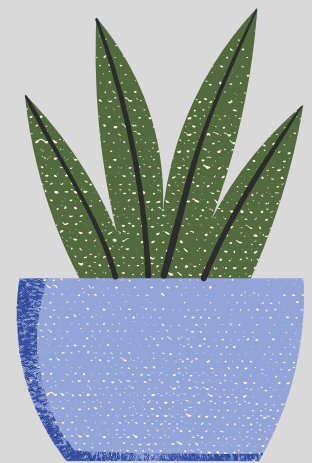
Reported mental
health condition



Work Related Stress

- Increased class size
- Meeting performance objectives
- Increased working hours
- Student behavior
- Interaction with parents
- Input in decision making
- Salary
- Extra roles and responsibilities

What other unique challenges and additional stressors do teachers experience that may be less common in other professions?





Stress of COVID 19

Classroom surfaces carry 27 times more germs than others

Enforcing new rules and guidelines

Virtual learning challenges

Have you noticed or experienced an increase in teachers who are struggling with their own mental health this school year?





Starting the Conversation

*The lack of discussion is part of
the problem!*

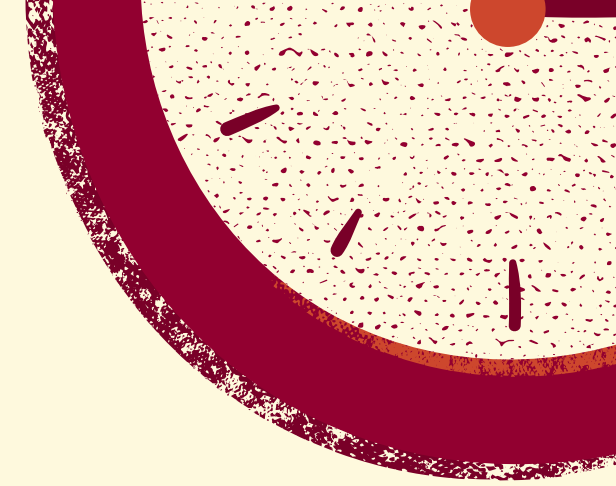
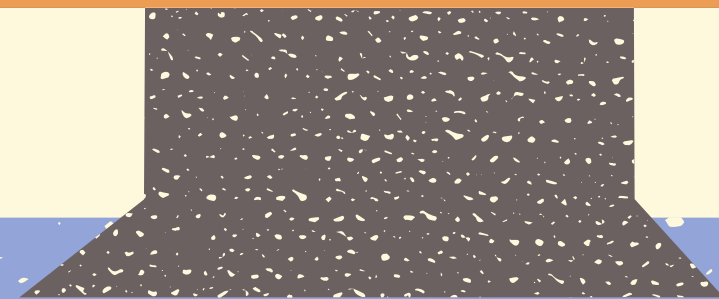
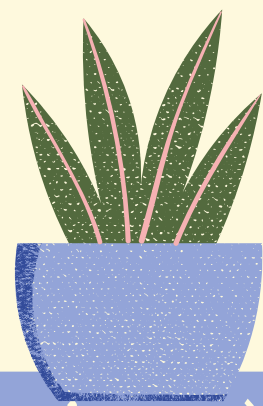
Negative Impacts can include:

Burnout

Compassion Fatigue



What are some of the reasons that teachers may not talk about their mental health at work?





How to Help Yourself

Know the Signs

Emotional:

Rapid mood shift

Avoiding social gatherings

Frequent negativity

Physical:

Chronic fatigue

Re-occurring headaches

Shortness of breath

Chest pains

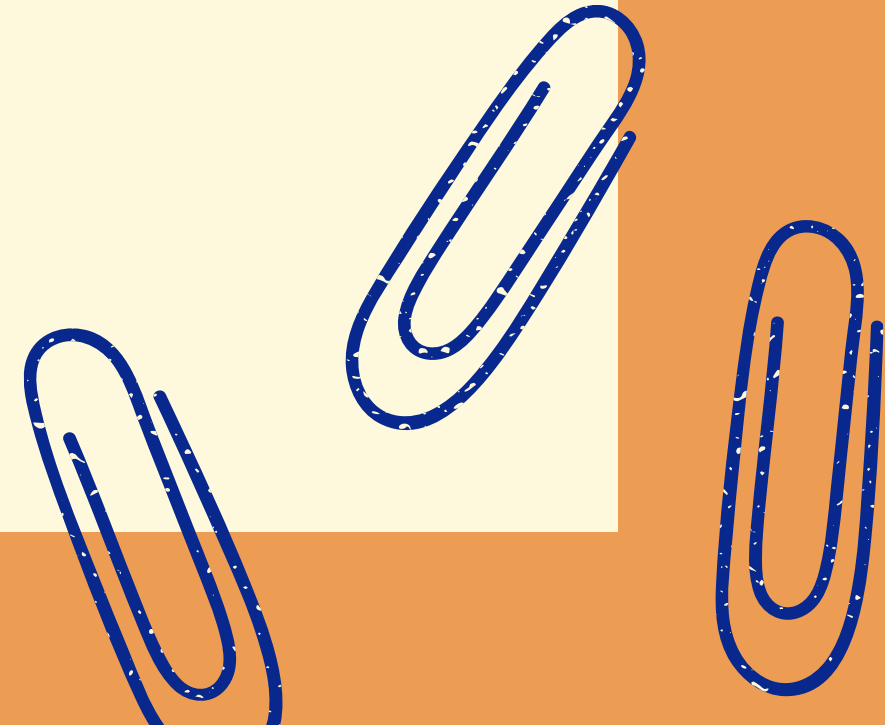
If these last for 2 weeks or longer, reach out for help!

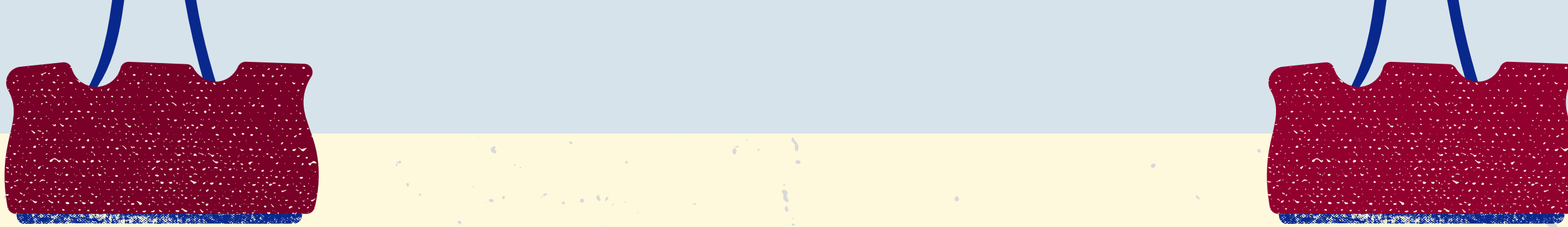


Take time for YOU!

Most negative impacts occur due to taking little to no time for yourself.

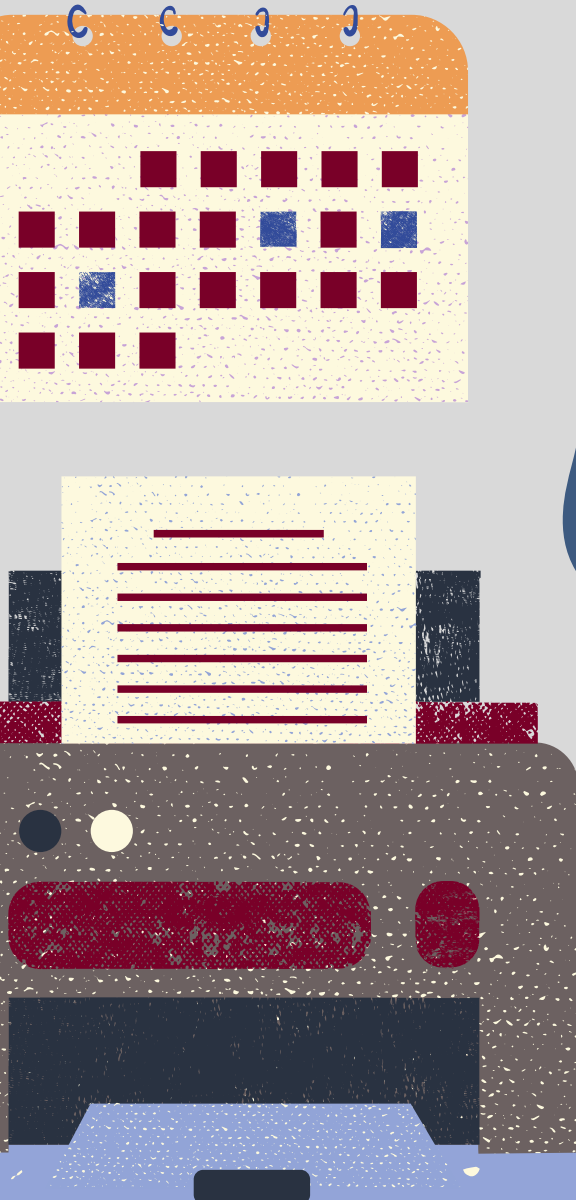
Practice self care as a daily habit =
Prioritizing your well being





How do you practice
self-care?

**What can teachers do to support
their own mental health?
How can teachers best support
each other during this time?**



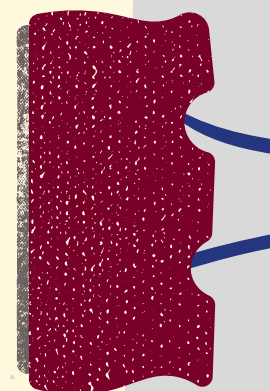
Social Support



Social Support is a protective factor against mental illness.

You need a sounding board inside AND outside of work.

Do your best to return that support for others.



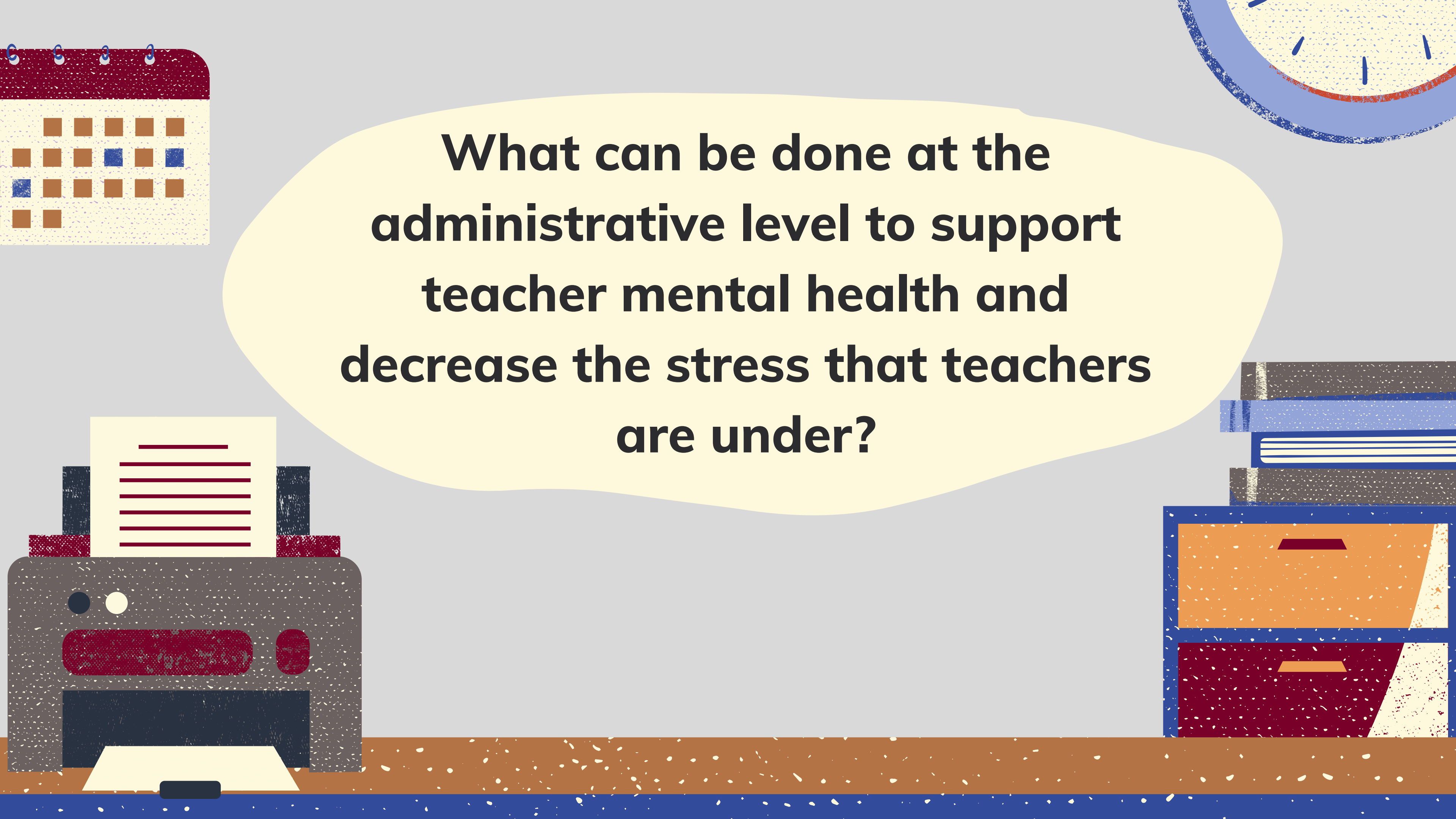


Asking for Help

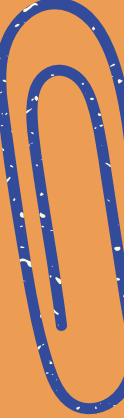
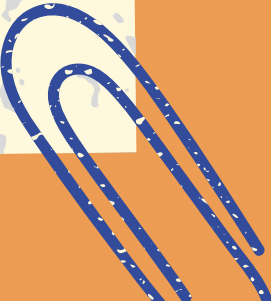

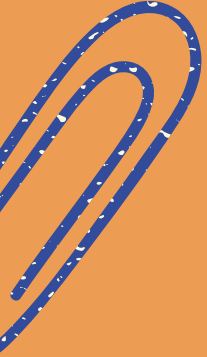

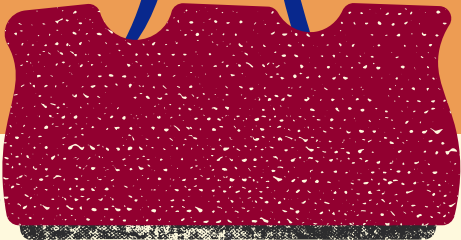
Early intervention is key with mental health conditions so the sooner you get help, the sooner the symptoms will be able to resolve.

Take a mental health screening regularly!


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

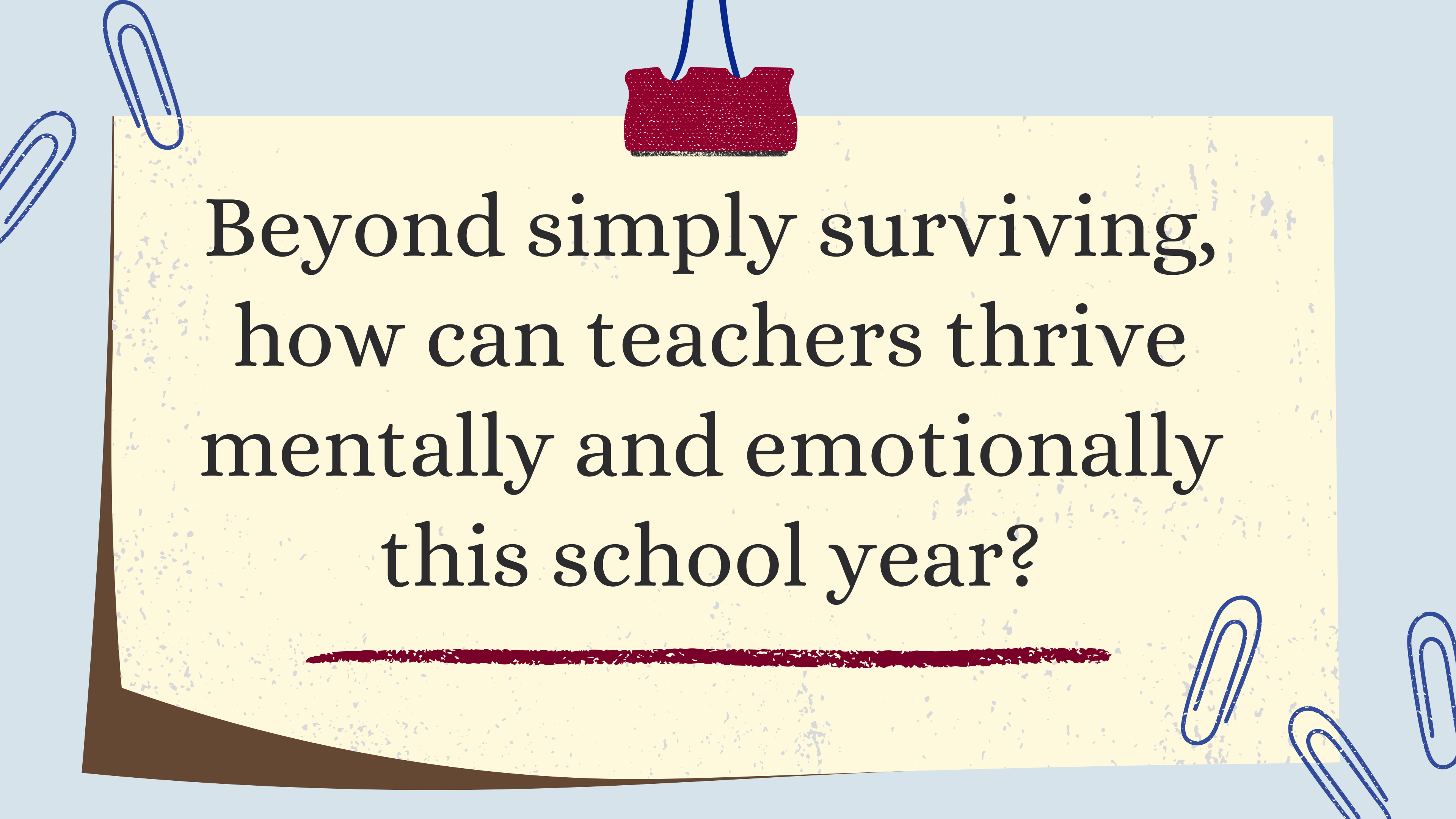
The background is a light blue-grey color. In the top left corner, there is a calendar with a red cover and a grid of brown and blue squares. In the top right corner, there is a partial view of a clock with a white face and blue hands. In the bottom left corner, there is a stylized printer with a white paper tray and a red paper being printed. In the bottom right corner, there is a stack of books with various colored spines (blue, orange, red) and a blue folder or box. The central text is contained within a large, light yellow speech bubble.

What can be done at the administrative level to support teacher mental health and decrease the stress that teachers are under?



Teachers must thrive for
themselves first – so that
they can thrive for their
students.





Beyond simply surviving,
how can teachers thrive
mentally and emotionally
this school year?

Resources

Mental Health Association of East Tennessee

<https://www.mhaet.com/>

Call Center: 865-584-9125

Helen Ross McNabb Center

<https://www.mcnabbcenter.org/>

Mobile Crisis: 865-539-2409

Frontier Health

<https://www.frontierhealth.org/>

Mobile Crisis: 877-928-9062

TN Crisis Line

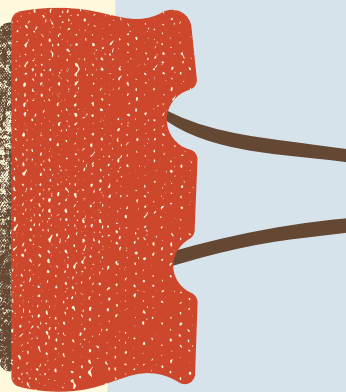
Call 855-CRISIS-1 (855-274-7471)

Text TN to 741-741

National Suicide Prevention Lifeline

1-800-273-8255

<https://suicidepreventionlifeline.org/>



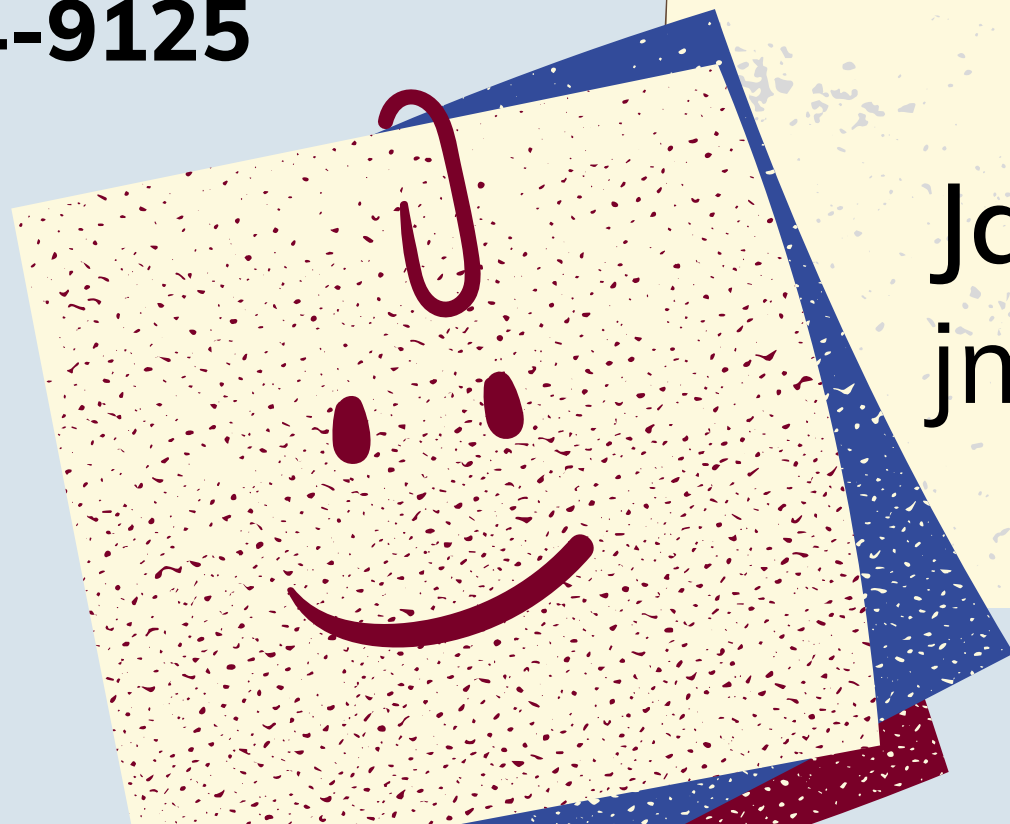
Thank you!

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