

From Burnout To Balance  
**Strategies for Administrators to Prioritize Self-Care**



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About Your Presenters



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“

There is an underlying belief that we must always be productive and sacrifice for our jobs. This "hustle culture" is especially prominent in education.

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## WHY SELF-CARE?

Self-care helps provide a buffer against:

- Burnout
- Depression
- Anxiety
- Resentment
- Stress
- Take care of yourself so you can support others.



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## EFFECTS OF STRESS

While our bodies are designed to experience stress and react to it, prolonged stress without relief can lead to a host of symptoms and may bring on or worsen diseases.

[Source: Web MD](#)

### Stress Stats:

- 43% of adults have adverse health effects due to stress.
- 75% to 90% of all doctor's office visits are for stress-related issues.
- Stress can lead in part to ailments like headaches, high blood pressure, heart problems, diabetes, skin conditions, asthma, arthritis, depression, and anxiety.
- The Occupational Safety and Health Administration (OSHA) declared stress a hazard of the workplace, costing American industry more than \$300 billion annually.
- The lifetime prevalence of an emotional disorder is more than 50%, often due in part to chronic, untreated stress reactions.

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## THE PILLARS OF SELF-CARE

- Mental
- Emotional
- Physical
- Environmental
- Spiritual
- Recreational
- Social
- Financial

- Mental - cultivates a healthy mindset through mindfulness and gratitude
- Emotional - taking care of your heart with healthy coping strategies
- Physical - taking care of your body with proper exercise, nutrition, and sleep
- Environmental - taking care of the space and places around you
- Spiritual - activities or practices that give a sense of meaning and purpose in your life
- Recreational - making time for hobbies and new experiences
- Social - building relationships with regular connection and healthy boundaries
- Financial - economic stability and ability to make informed financial decisions

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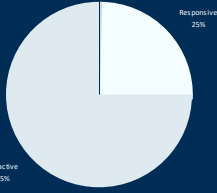
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### PROACTIVE VS. RESPONSIVE

Proactive: self-care done regularly to preserve and maintain health.

Responsive: self-care done in response to an acute incident.



Category	Percentage
Proactive	75%
Responsive	25%

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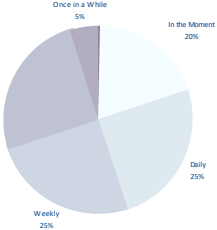
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### LAYERS OF SELF-CARE

- Once in a While
- Monthly
- Weekly
- Daily
- In the Moment



Frequency	Percentage
Once in a While	5%
In the Moment	20%
Daily	25%
Weekly	25%
Monthly	25%

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### NOT ALL SELF-CARE IS CREATED EQUALLY

Be aware of "self-care" practices that provide short-term satisfaction but often have long-term negative consequences.



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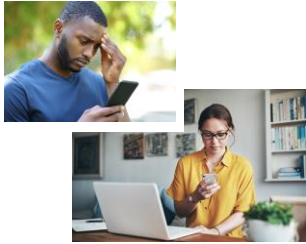
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**"SELF-CARE"**

Negative self-care practices include:

- Drinking
- Retail Therapy
- Emotional Eating
- Media Consumption
- Social Media
- Isolation



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**SELF-CARE IN THE MOMENT**

- Take 3 deep breaths
- Take a break
- Close your eyes
- Count to 10
- Tap In/Tap Out
- Get up and move
- Think of something positive
- Recite a favorite phrase



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**DAILY SELF-CARE**

- Deep breaths
- Meditate
- Relax
- Move
- Sleep
- Pray
- Eat well
- Journal
- Get outside
- Drink water
- Listen to music
- Practice gratitude
- Think positively



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**WEEKLY SELF-CARE**

- Exercise
- Socialize
- Read/listen to a podcast
- Rest
- Take a break from tech
- Do something that makes you happy
- Spend time with loved ones
- Practice a hobby



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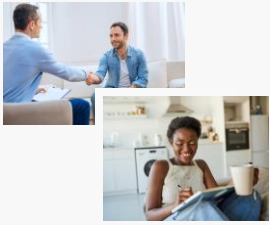
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**MONTHLY SELF-CARE**

- Learn something new
- Reflect on goals and growth
- Tackle a goal or project
- Experience something new
- Volunteer
- Pamper yourself
- Therapy/counseling
- Healthcare
- Budget



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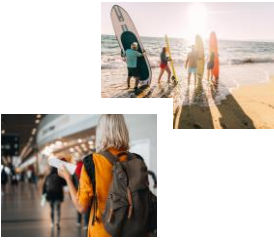
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**ONCE IN A WHILE SELF-CARE**

- Splurge
- Vacation
- Save for a big purchase
- Healthcare
- Take your days off
- Cross items off your bucket list



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**SELF-CARE ON A BUDGET**

- Meditate
- Take a walk/hike
- Go to a park
- Listen to music
- Journal
- Read/Podcast
- Have a conversation
- Draw/color
- Attend free events
- Attend a local game
- Relax
- Volunteer
- Play a game
- Visit the library



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**SELF-CARE FOR EDUCATORS**

Educators face unique challenges that make them prone to stress and burnout.

With these challenges in mind, here are some self-care tips especially important for educators:

- Set boundaries
- Basic needs
- Find humor
- Find gratitude
- Regulation strategies
- Mental reframes
- Leave work at work
- Focus on what you can control
- Be kind to one another
- Be trauma-informed (including our own and vicariously)

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“

Daring to set boundaries is about having the courage to love ourselves, even when we risk disappointing others. We can't base our own worthiness on others' approval. Only when we believe, deep down, that we are enough can we say, enough!”

Brené Brown

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**HOW TO SET HEALTHY BOUNDARIES AT WORK**

- Seek Help
- Conduct an Audit
- Set Limits
- Communicate Clearly
- Delegate
- Take Time to Respond
- Practice Saying "No"
- Develop a System
- Create Structure
- Prepare for Pushback



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A significant challenge facing many educators is perseverative thoughts about work. While these will creep in, whenever you find yourself thinking about work while away from work, simply redirect your thoughts to something else.

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**SUPPORTING YOUR STAFF**

As educational leaders, you play a vital role in the self-care of your staff!

Tips to help ensure your staff feel supported:

- Express your appreciation
- Be transparent about information
- Be an active listener
- Seek feedback
- Be willing to adjust
- Be a learner
- Be transparent about directives
- Be kind to one another

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**SELF-CARE AND WELLNESS RESOURCES**

Sites dedicated to educator wellness:

- Edutopia
- Mindful Teachers
- Resilient Educator
- Wellness for Educators
- Happy Teacher Revolution

Add some humor to your day:

- Bored Teachers
- The Pensive Sloth
- Honest Teacher Vibes
- Teachers with a Sense of Humor

Wellness Apps:

- Calm
- Headspace
- MyFitnessPal
- Meditopia
- Sleep Cycle
- Exhale
- Able
- Shine

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**SELF-CARE BUNDLE**

- Grounding Activity
- SMART Goal Template
- Daily Habit Trackers
- Monthly Habit Tracker
- Journal Prompts
- Gratitude Scavenger Hunt

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**Thank you!**

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