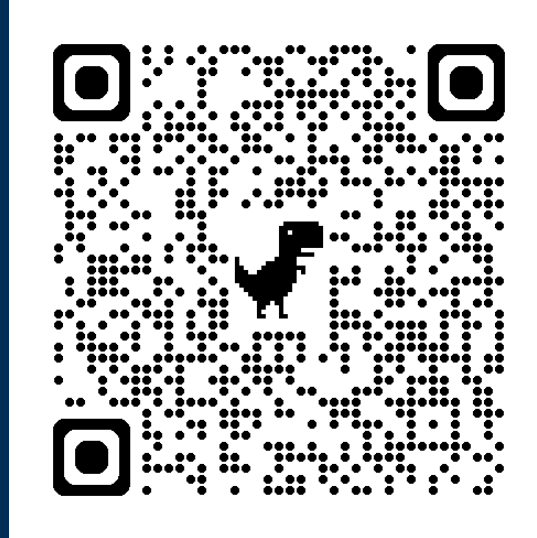


It starts with us....
Please complete the ProLOQ Burnout
Measure



<https://proqol.org/proqol-measure>

Leveraging Self-Care to Increase Educator Well-Being

From Burnout to Balance



About Your Presenters



Erin Hoganson, M.A., LEP
Special Education Advisor

Erin is an experienced school psychologist with a strong passion for inclusion advocacy and experience in identifying dyslexia in students. Erin earned her Bachelor of Arts in Psychology from California State University Channel Islands and her Master of Arts in Educational Psychology from Azusa Pacific University.



Tawnya Redding, M.S.Ed
Special Education Advisor

Tawnya is a special education teacher whose expertise includes guiding school districts and professionals in trauma-informed practices and working with students who display challenging behaviors. Tawnya earned an Honors Bachelor of Science in Psychology from Oregon State University and a Master of Science in Special Education from Portland State University in Oregon.

About Your Presenters



Kindel Mason, M.A.
Director of Support Services
Twin Falls School District ID

Kindel has worked in Special Education since 1991 as a special education teacher, a consultant with the Idaho State Department of Education, and currently as the Director of Support Services for the Twin Falls School District. He also worked for 13 years as the Special Services Director for Jerome Joint School District. Kindel has been an active member of CASE for 14 years, serving as chair of the CASE Professional Development Committee and as the President of CASE from 2022-2024.

Educator Burnout

1

K-12 workers have highest burnout level of all industries nationally

2

“In March 2020, when the pandemic first began, 36% of K-12 workers reported feeling burned out very often or always, eight percentage points higher than the 28% found among all other workers as a whole.

3

This gap has since nearly doubled, with 44% of K-12 workers now reporting they feel burned out very often or always, compared with 30% of all other workers -- a 14-point difference”



View



Mute



Stop Video



3

Participants



Chat



Share Screen



Record



Show Captions



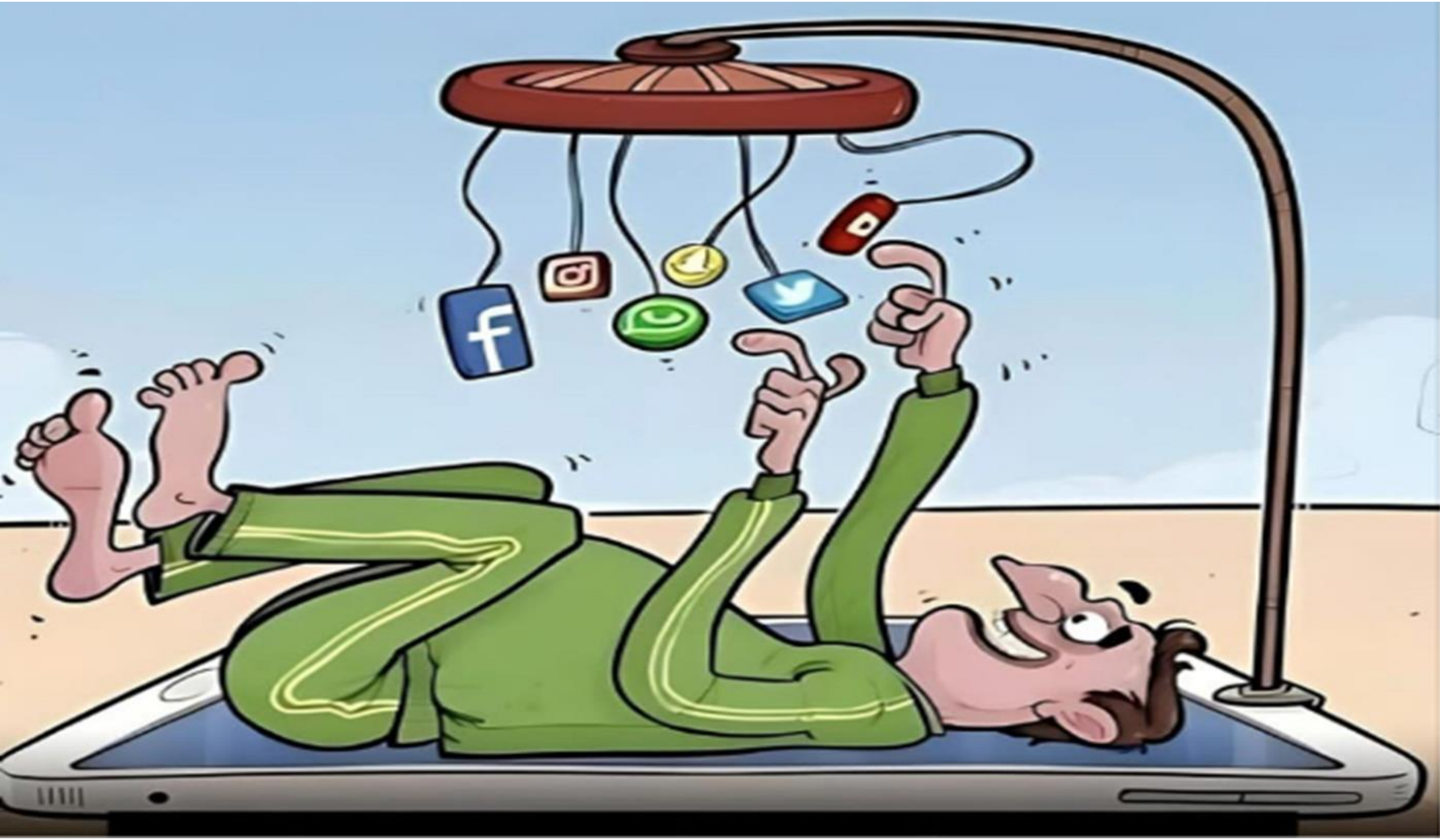
Reactions



Apps

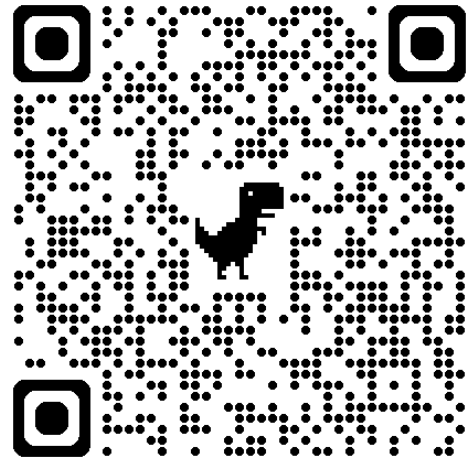
Leave





ProLOQ Burnout Measure

<https://proqol.org/proqol-measure>



Why Self-Care?

A single act of thoughtful gratitude produces an immediate 10% increase in happiness, and a 35% reduction in depressive symptoms

Provides a buffer for: burnout, depression, anxiety, stress, resentment

Web MD, [Mentalhealthfirstaid.org](https://www.mentalhealthfirstaid.org)

Pillars of Self-Care



Mental



Emotional



Physical

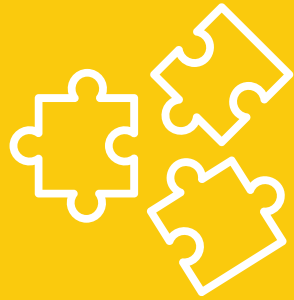


Environmental

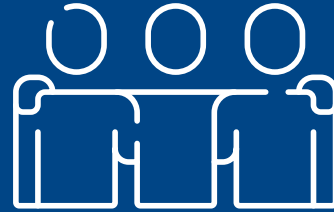
Pillars of Self-Care



Spiritual



Recreational



Social



Financial



Goal Setting

During the next week, I will participate in
at least _____ of _____ on (DAY), at
(TIME of DAY) at (Place).

Not all Self-Care is Created Equally

Gratitude Journal

ANSWER THE P



Self-Care as a Culture

1 What's the current culture & climate?

2 Integrate a few new structures.

3 Plan for pushback.

4 Set a plan to re-calibrate.

Supporting Your Staff-Strategies

Set Boundaries

Basic Needs

Mental Reframes

Leave Work At Work

Focus on What You Can Control

Be Trauma-Informed (including your own)



Personal Reflection



1. What is one thing that resonated with you from today's presentation?
2. What is one thing you want to take back to your staff?
3. What is one change you want to implement for yourself?

Please Take a Moment Complete our Participant Survey

From Burnout to Balance:
Leveraging Self-Care to Increase Educator Well-Being



<https://form.jotform.com/242065477679167>

ANSWER THE POLL AT SLIDO.COM

Resources

- [Edutopia](#)
- [Mindful Teachers](#)
- [Resilient Educator](#)
- [Wellness for Educators](#)
- [Happy Teacher Revolution](#)
- Dan Siegel model of the brain
<https://www.youtube.com/watch?v=qFTljLo1bK8&pp=ygUYZGFuaWVsIHNPZWdlbCB0YW5klG1vZ>
- Lessons from Teachers of the Year <https://www.youtube.com/watch?v=n3pdoe1hfuE>
- ProQOL Burn out scale <https://proqol.org/proqol-measure>
- Tap In/Tap Out <https://www.youtube.com/watch?v=qPtsP7pBobI>
- Atomic Habits <https://jamesclear.com/atomic-habits>

Resources

- The 5 Languages of Appreciation in the Workplace
- Strengths Based Leadership
- [Bored Teachers](#)
- [The Pensive Sloth](#)
- [Honest Teacher Vibes](#)
- [Teachers with a Sense of Humor](#)
- Calm
- Headspace
- MyFitnessPal
- Exhale
- Meditopia
- Sleep Cycle
- Able
- Shine

Self-Care Bundle

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



References

- <https://research.com/education/scientific-benefits-of-gratitude>
- <https://news.gallup.com/poll/393500/workers-highest-burnout-rate.aspx>
- <https://www.devlinpeck.com/content/teacher-burnout-statistics>
- <https://www.mentalhealthfirstaid.org/2022/11/practicing-gratitude/>

Q & A

Thank you!

