

5 tips to prevent teacher burnout

As former teachers, administrators, and education experts, our BrainPOPpers understand the pressure of today's classroom.

Let's dive in as they share some expert advice on how to better support your staff with stress and burnout.



Be your best self (and leave it on the field)

As a former college athlete, I remember the phrase, 'Leave it on the field.' I translated that to my educator and admin life by remembering to be my best self for my students and teachers every day while I was in the school building. As soon as I walked out at the end of each day, I left it there. It's easier said than done, but leaving it at the last door can remind you to leave it all at the school for the day.



Open up communication

Administrators should encourage an open communication policy. Consider asking your staff members what's working for them, what isn't, and what solutions they propose. Always be mindful of meeting run times, to respect teacher work-life balance.



Create transparency and celebrate the wins

As a teacher, I felt the most supported against burnout when my admins were transparent and realistic about what was possible and helped me prioritize. I also think that celebrating even the little successes goes a long way. I worked with a principal who was always available for my students and celebrated their English learning successes. She would visit the class to chat with students and always took time to celebrate their work. That helped me feel like my work was seen and valued, and we were in it together.



Share weekly memos (and time back)

A previous principal of mine would send a weekly memo on Sunday nights so we knew what was coming up, and this was so helpful because it cut back on staff meetings, which allowed me more time to plan and teach.



Ask for help

When you're overwhelmed, asking for help can be challenging. It may feel like you need to handle it on your own. But asking for help can give you just the boost you need. For example, asking for support or even an extra set of eyes on a project you're working on, can make such a difference on your day or on your long-term health.