



## Qudwa 2017 – Global Teachers' Forum Coffeehouse Sessions

"Teacher Burnout – Teacher Wellbeing"  
Satierra Hudson  
Sunday, October 8, 2017

If you could give your life a mathematical equation, what is your life equal to?  
A teacher's life includes work tasks, family duties, students, and other obligations.

Educators are in a service field that leaves them feeling conflicted. They are envied during the summer months but that time is absolutely earned and deserved. The percentage of teacher burnout in the US is 8% - a very high percentage. Teachers should not feel bad about themselves. They should take care of themselves to be able to take care of others.

In an ideal world, how do teachers stay joyous and energetic until the summer?  
'When you're having what seems like the worst day in your life, how to recharge?'  
Satierra asked the teachers in the room. Answers from teachers included:

- Give yourself an occasional spa.
- Work hard. Play hard.
- Every day is a new day.
- Tomorrow can't be worse than today.
- Happiness is a choice.

Signs of teacher burnout include:

- Fatigue
- Negativity
- Frustration
- Feeling of giving up
- Isolation (burnt-out teachers tend to avoid socializing with others)

It is important for teachers to realize the signs of fatigue in their colleagues and reach out to them. A teacher should know her/his limits and take hold of the collaborative spirit of teaching.

Educators have a forever-growing to-do list. Try a 'Today List' versus a 'To Do List.' Hit 2 or 3 things you accomplish in a day, Satierra recommended.

"Do you still find yourself asking, 'Is teaching my passion?"; "Follow your interests. The job will be here tomorrow and so will the students. The to-do list will only grow longer, so put yourself first. Live and experience your interests and share them with students. By that, you inspire students to live theirs." Satierra continued.





قودة  
Q U D W A

التعليم من  
أجل المستقبل  
**TEACHING  
FOR TOMORROW**

اسأل  
ASK

شارك  
SHARE

تقدم  
ADVANCE