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Planning to Stay:

Burnout, Demoralization, Exploitation, and How to Reclaim Your Self-Care, Your Classroom, and Your Life... Anyway


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Before we begin:

Take 90 seconds to write a list of all of the teaching-related things you're stressed about.



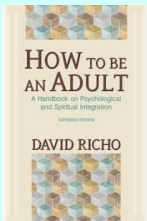
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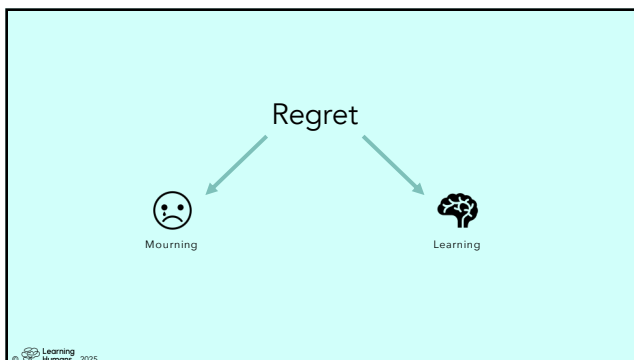
It's an honor to connect with y'all.

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Regret



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Today we will:

- Define** burnout, demoralization, and exploitation
- Distinguish** between each based on causes/effects
- Build strategies** to address each

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The Overarching Goal:

Stay connected to yourself and the work you love.



Some Agreements

This is the START of a conversation.



Some Agreements

This is the START of a conversation.

I might ask you to do stuff, you don't have to.

All of our work is CONFIDENTIAL.

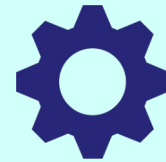
There will be time for questions at the end.



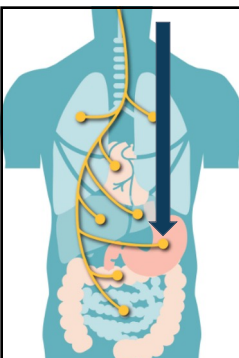
Why are you here?



You are excellent, dedicated practitioners.



You understand you are a part of a system.



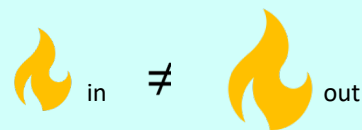
Breathe deeply into your diaphragm to lower stress hormones.

3 rounds:

- 4 counts in
- hold 4
- 4 counts out
- hold 4



Burnout is an energy balance issue.





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Demoralization is a values alignment issue.



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Exploitation is a contract alignment issue.



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Heal exploitation: connect with reality



1. I wish I'd had the courage to live a life true to myself, not the life others expected of me.
2. I wish I hadn't worked so hard.
3. I wish I had the courage to express my feelings.
4. I wish I had stayed in touch with my friends.
5. I wish I had let myself be happier.

Ware, B. (2012). *The top five regrets of the dying: A life transformed by the dearly departing*. Hay House, Inc.

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Heal exploitation: protect your reality



"A boundary is the distance at which I can love you and me simultaneously."

- Prentice Hemphill

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Heal exploitation: protect your reality



Grab the list of teaching-related things that stress you out and **cross off everything that you cannot directly control.**

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Check in: Write or Think




What are some values that drew you to your work?



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Heal demoralization;
connect with your values. 


Features	Cartesian Dualism at School	Inlak'esh at School
Tagline	"I think, therefore I am."	"I am you and you are me."
Relationship of Parts	Mind-Body Separation	Body-Mind-Spirit Integration
Approach	Competitive	Collaborative
Purpose	Learning is useful for individual gain	Learning is useful for collective benefit
Focus	Measures intelligence against a single norm	Values multiple ways of knowing

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Check in:
How do you like to spend your time?


Stuff I like to do							

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Heal burnout:
Be STRATEGIC and EFFICIENT 


Coping
Feels good in the moment
Pauses feeling
Everything is the same when it's over






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Heal burnout:
Be STRATEGIC and EFFICIENT 


Coping	Caring
Feels good in the moment	Feels better over time
Pauses feeling	Processes feeling (or action)
Everything is the same when it's over	Something is different when it's over






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Heal burnout: connect to your fuel 

 physical	 intellectual
<i>MOVE YOUR BODY!</i>	
 emotional	 spiritual
 social	

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Heal burnout: connect to your fuel 

 physical	 intellectual
 emotional	 spiritual
<i>FEEL YOUR FEELINGS!</i>	
 social	

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Heal burnout: connect to your fuel

 physical

 intellectual

 emotional


 spiritual


 social

BE A HUMAN WITH OTHER HUMANS!


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Heal burnout: connect to your fuel


 physical

 intellectual

EXPLORE, DISCOVER, CREATE!


 emotional


 spiritual


 social


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Heal burnout: connect to your fuel

 physical

 intellectual

 emotional

 spiritual

 social

CONNECT TO MEANING
BIGGER THAN YOURSELF!

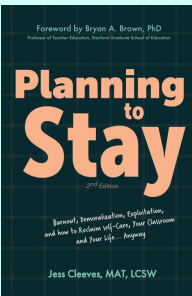
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Which connects you to meaning greater than yourself?

Stuff I like to do	Coping or Caring?	Physical	Emotional	Social	Intellectual	Spiritual

★

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Strategies to protect time and enact extreme self care require time to implement.

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Congratulations!

You have already taken steps to heal:

-  by strategically tending to what fuels you
-  by naming values that motivate your practice
-  by setting an internal boundary

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Thank you!
and please:



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