



## TRAINING HANDOUT

### Educator Stress Self-Assessment (Continued)

#### FACTS ABOUT EDUCATOR STRESS

- Nearly half (46%) of educators report high daily stress during the school year. Educators are tied with nurses for the highest rate among all occupational groups.
- A principal's leadership skills have been found to be a major factor in determining the climate, therefore the stress levels, of educators.
- Job demands, including high-stakes testing, student behavioral problems and difficult parents are a main source of educator stress.
- Work resources that limit an educator's sense of autonomy and decision-making power are a main source of educator stress.
- An educator's capacity to manage their own social and emotional well-being and nurture a healthy classroom leads to high levels of stress.
- Educators are less likely than any other professional group to report feeling that their opinions matter at work.
- Being a student's primary source of support can be emotionally taxing on educators.
- Educators experience workplace bullying at a much higher rate—more than three times higher—than other workers.
- Educators report having poor mental health for 11 or more days a month, which is twice the rate of the general US workforce.
- Educators in high-poverty schools with good, supportive working conditions are likely to stay.

*The following methods have been proven to reduce stress and improve educator satisfaction. Check all that exist in your school:*

- Mentoring and induction programs for beginning educators can reduce stress, improve educator satisfaction and retention and improve student academic achievement.
- Workplace wellness programs have been proven to reduce educator stress, healthcare costs and absenteeism.
- Mindfulness/stress management programs have been proven to reduce educator stress, anxiety and depression while helping to develop coping and awareness skills.
- Social emotional learning (SEL) programs that are implemented in schools create more positive educator engagement with students and help to reduce stress.