

Mindful Memo

Week 14 – November 8th, 2021 RCMA Wimauma Community Academy



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Statistics show that as many as 41.3% of teachers leave the profession within five years. That was **BEFORE** the pandemic. Currently, according to a RAND study, 1 in 4 teachers have considered making 2021-2022 their last year in the classroom. **YIKES.**

Our jobs are stressful, there's no doubt about that. But we've also been conditioned to wear our stress and exhaustion like a badge of honor. Take the quote to the right for example. To be good teachers we have to deplete so much of ourselves that there's nothing left? I disagree. That's not inspiring. That's burnout. When our mental, emotional, and physical energy tanks are empty, we are grumpy. We take shortcuts. We lose patience. Those are not characteristics of a highly-effective teacher. Our scholars look up to us. They want to see us happy and passionate about our lives and professions.



This week's challenge is to find ways to "fill our cup," relax, refresh, and reflect.

Know and enforce limits. It's okay to say **NO**.

Create pockets of joy. Watch a cute video. Wear a cozy sweater. Call a friend and laugh. Listen to music.

Make time to just breathe.

Take work email off cellphones and unplug at night.

Release the things that cannot be changed. If there's something to be done to fix it, do it. If not, let it go.

Remember we are valuable, but the world will continue to spin if we take a break.

Avoid commiseration.

Work smarter, not harder. Streamline where we can.

Respect ourselves and our honorable profession.

HAPPY TEACHERS TEACH.



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The mental health and well-being of teachers can have a really important impact on the mental health and well-being of the children who they're spending most of their days with.

Jennifer Greif Green, education professor at Boston University

THE EMOTIONAL CUP

Imagine that every child has a cup that needs to be filled -- with affection, love, security, and attention. Some seem to have a full cup most of the time, or know good ways to get a refill. But most children get a little nervous when their cup gets near empty.

Some ways that children deal with having an empty cup:

- steal from other people's cups
- misbehave to get your attention and show that they need a refill
- seem to have bottomless cups, or need constant 'topping off'
- can't sit still for refills or actively refuse them
- bounce off the walls when they approach 'empty'
- think they have to fight or compete for every refill

What fills a child's cup:

- play
- friendship
- one-on-one time
- love and affection
- connection
- succeeding
- doing what they love to do or what they choose to do



What empties the cup:

- stress and strain
- rejection by peers
- loneliness and isolation
- yelling and punishment
- failing
- fatigue
- doing what they're forced to do or they hate to do

upbidity

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