



Teacher Well-Being During School Closures and COVID-19 Crisis: A Guide for Self-Reflection and Discussion

Educators so often think of their students' well-being before themselves, and perhaps more so during this crisis. [You continue to be especially important to your students](#), and finding ways to prioritize your own well-being is also essential. The following guidance and reflection questions are meant to encourage you to take a moment to reflect on your own experience of this challenging time and to empower you to prioritize your own well-being and self-care. You may not find all of this feasible or applicable and that is okay. We hope you find your own meaningful ways of caring for yourself because you deserve it.

**Use the reflection questions in a way that feels best to you. You might find that journaling or talking about them with someone is helpful, or you might prefer to reflect on them on your own.*

During times of stress, it is normal to experience heightened emotions.

Notice your feelings and allow yourself to feel them.

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| ○ How are you feeling? | ○ How are you expressing your feelings right now? |
| ○ Do you notice your feelings change throughout the day/week? | ○ What are the ways you can cope with your emotions right now? |

Individuals and communities are currently experiencing innumerable losses, on multiple levels, that will likely increase and intensify as time goes on.

Allow yourself to grieve the losses you are experiencing. You may experience some or all of the common stages of grief including denial, anger, bargaining, depression, and acceptance.

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| ○ Do you feel you have lost anything during this time? | ○ Have you experienced any of the common stages of grief? |
| ○ What has been your reaction to your loss(es)? | ○ How are you managing or coping? |

Our typical forms of connection and support may not feel possible or as strong, and it can feel more difficult to ask for help/support during times of heightened stress.

As educators, you are often thinking of others first, but you deserve support just as much as your students. It is important to identify people you can connect with and feel supported by.

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| ○ Do you feel you need support right now? | ○ Have you been able to identify anyone who can be a source of support that feels meaningful? |
| ○ Do you feel comfortable asking for support? | ○ How has connection and support from others helped you? |



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Everyone is adjusting to a “new normal” as many old routines can no longer take place.

Keep the routines that you can and begin new ones that make sense and feel good.

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| ○ Do you find routines helpful? | ○ Have you formed new routines already? |
| ○ What old routines do you miss and why? | ○ What other routines can you begin? |

People are experiencing a sense of powerlessness and lack of control on multiple levels, which can feel overwhelming.

Notice where you are spending your energy. Identify things that are within your control and those that are not, prioritizing your attention on what you have power over.

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| ○ Are you feeling powerless? | ○ Are you aware of what you can control? |
| ○ Are you finding yourself spending time and energy on things you can't control? | ○ What limits can you set in order to prioritize spending energy on what you have power over? |

Typical professional and personal goals and ideas about productivity may no longer be realistic.

Recognize your former goals, and assess whether or not you need to adjust your expectations.

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| ○ What are your current goals for yourself? | ○ Do these goals feel realistic and/or manageable? |
| ○ Do other people/systems have goals for you right now? | ○ What adjustments do you need to make, and do any require the need to advocate for yourself? |

Many boundaries have become blurred, as work life and home life now happen in the same physical space.

Create transitions between activities, and identify where intentional boundaries between “work” and “home” can be implemented.

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| ○ How does my current space make you feel? | ○ Is it hard for you to set boundaries? |
| ○ Do you have to go back and forth between work/home responsibilities often throughout the day? | ○ What are the ways you can separate work from other home activities? |



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The losses and adaptations people and communities are facing right now are challenging, and they can also lead to opportunities for learning and growth.

**Encourage yourself to notice anything you might be learning about yourself or your community.
Acknowledge anything you might enjoy or feel grateful for during this time.**

- What are you learning about yourself?
- Have you seen your community grow or come together in any way?
- Is there anything you are grateful for right now?
- Have you found any new opportunities during this time?

We are currently working, connecting, and coping through technology more than before.

Technology exhaustion can be a real thing. Be on the lookout for its impact and know when you need to make adjustments or take a break.

- Has your technology use has increased?
- In what ways has this impacted you positively or negatively?
- Have you found helpful ways to minimize any negative impacts?
- How can you continue to be aware of it's impact on you?

**Prioritize
Your Own
Well-Being**

**Connect with
Others**

**Be Kind to
Yourself**

**You Are
Enough**

**We Will Get
Through This**