Teacher well-being is a critical component of effective teaching. The SMART strategy described is an easy tool to help set goals with the intention to increase stress management and improve overall health.

Teachers possess the most purposeful and important role in education. Disappointingly, research indicates that a variety of issues such as large class sizes, emphases on testing and student performance, changing curriculums, challenging student behaviors, low pay, increasing expectations and responsibilities, and lack of support all contribute to a teacher’s chance of diminished well-being.

As a result, teachers often experience chronic stress, and are at risk of professional burnout.

Recent research has targeted teacher wellness through:

1) Interventions to support work-life healthfulness through eating, exercise, and sleep strategies.

2) Interventions that emphasize mindfulness techniques, including, body scans, breathing, meditation, gratitude and compassion exercises, and mindful movement.

Results from these preliminary studies are highlighted on the right side of the page.

Healthy Strategy Planning: Getting Started

The BRST consultant and you will meet to discuss potential wellbeing supports.

1. Sleep Habits
2. Eating Habits
3. Exercise Habits
4. Gratitude Journal
5. Mindfulness Strategies

Having Trouble Deciding?

Here are a few questions that might help:

1. Which foods do I choose to eat when I'm feeling stressed? Am I getting the nutrients I need?
2. How often do I break a sweat? How does my mind feel after doing something active?
3. What type of coping strategies do I already use when I'm feeling stressed out or overwhelmed?

Considerations for Data Collection:

1. Decide on whether paper or electronic data collection is best for you. The easier it is to record data, the better. It's important to see how well you're improving or decide what needs to be changed in your plan to increase your successes.
2. Note both duration and frequency of your target goal behaviors (e.g., How long are my workouts? - record hr/min; How often am I breaking a sweat? - tally # per day/week)

After two weeks of 80 percent or higher engagement in your healthful strategy, you and the BRST consultant will determine if further support is needed.

If there are existing needs, the next healthful strategy would be determined and the steps described above would be repeated. If support is no longer needed, either:

1) a BRST consultant exit process will be determined.
2) The next steps of the BRST consultant regarding 1 classroom management and/or tier 2 targeted interventions will be determined.

AWESOME JOB!

Wrapping Up