



Dear Academy Members,

Here at the Academy for SEL, we are hearing from some of our members that they are feeling overwhelmed or burnt out. These experiences are mirrored in national and international media reporting and research findings that educators are experiencing more burnout and stress than they did prior to the pandemic.

To provide support for our members, we are devoting this newsletter and our next newsletter to sharing strategies to promote self-care, combat burnout and reduce stress.

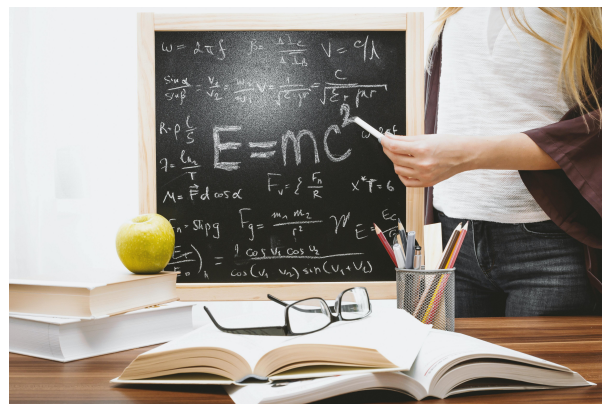
In addition, we would love to include your self-care strategies and antidotes to burnout in our next newsletter. Please send any articles, meditations, social media profiles, workouts, strategies or advice that you use to stay grounded in the classroom to secdlab@gmail.com.



Educator Burnout

We are kicking off the newsletter with news articles focused on teacher burnout in Fall 2021 to highlight the scope of educator stress and burnout.

1. Our first article, "[Getting Serious About Teacher Burnout](#)", is from the National Education Association. One key takeaway from the article is that K-12 teachers experience more stress and anxiety than any other public sector employee.
2. The Washington Post's article titled "[No, The Teachers are Not Okay.](#)" highlights how teacher shortages and pandemic-related stress are contributing to teachers feeling overwhelmed and disillusioned.



Combatting Burnout

1. [This Edutopia article](#) shares simple tools that teachers can use to help them regulate their emotions, such as accurately labeling their emotions. These tips are especially timely, as some educators are coping with emotions triggered by traumas they have experienced during the COVID-19 pandemic.
 2. Also from Edutopia, [this article](#) by Kevin Leichtman provides examples of how school leaders can work to prevent teacher burnout. It lists five possible strategies, which include reducing educator roles and emphasizing mentorship.
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FREE Meditation and Mindfulness Apps

HEADSPACE: Headspace provides guided mindfulness and meditation. Headspace offers free access to educators.

INSIGHT TIMER: Insight Timer is a free meditation, yoga and mindfulness app.

SMILING MIND: Smiling Mind is a non-profit organization focused on improving youth mental health. The Smiling Mind app is a unique tool that offers daily meditations, tailored mindfulness exercises and toolkits to engage children and adolescents.



The SECD Lab's social media team presents their [TikTok!](#) The

SECD Lab TikTok provides information and tips about SEL.

#SELday

International SEL Day is set for March 11, 2022. You can sign up for SEL Day and join the mailing list [here](#).

Upcoming Events

The webinar we are sharing this week, which is presented by CASEL, addresses the question, "How can a focus on social and emotional learning help us design the necessary structural supports that can enable teacher well-being?"

Webinar Title: Social and Emotional Learning and Teacher Well-Being

Date and Time: December 17, 2021, 1:00 - 2:00PM EST// 10:00 - 11:00 AM PST

Registration Link: <https://casel.org/events/social-and-emotional-learning-and-teacher-well-being/>



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