

*Self-Care:*

# Moving from

# **AWARENESS**

to

# **ACTION**





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2021-22 National Principal of the Year  
@BethHouf

## Shelly Parks

2019 Missouri Teacher of the Year  
@ShellyParks5

## Darbie Valenti Huff


2017 Missouri Teacher of the Year  
@Miss\_D\_Valenti





# Goals of our Session



- Bring **awareness** of current educator well-being from the 2021 wellness survey from MSTA and Missouri Chapter of State Teachers of the Year (MOSTOY).
  - Brainstorm **actionable solutions** that would address the needs shown in the survey.
- 



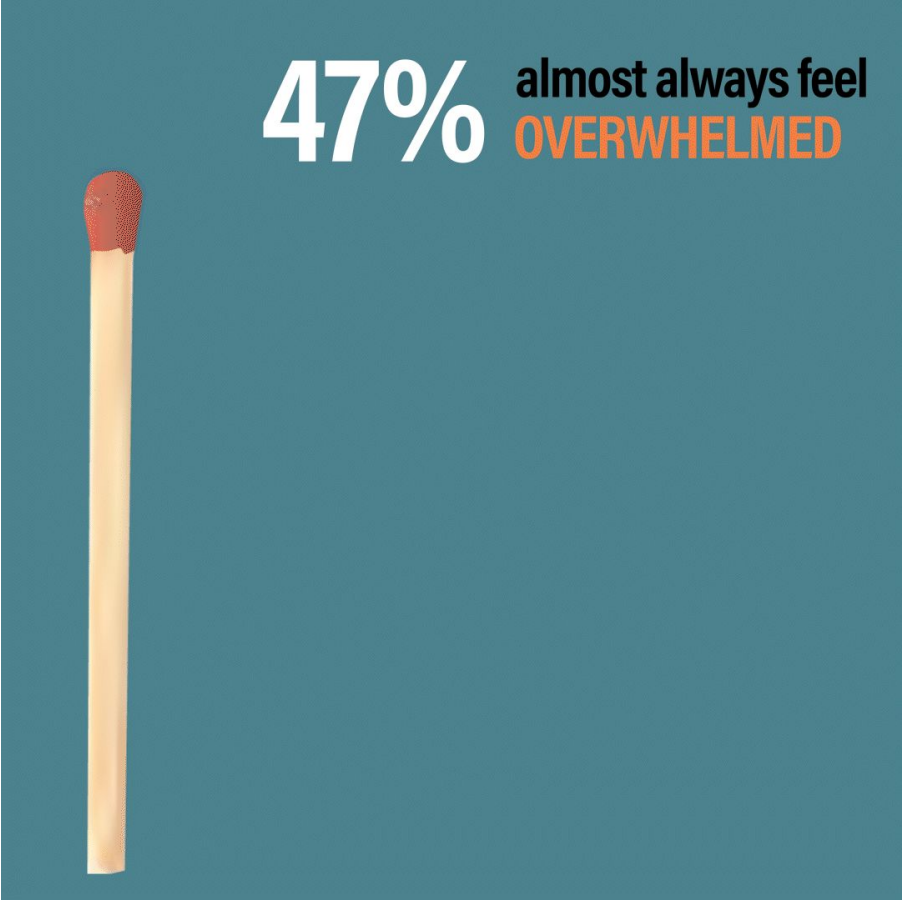
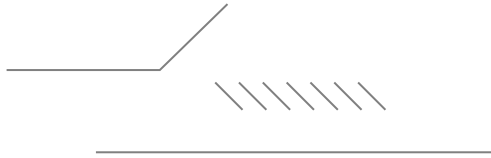
# Lessons from the Science Lab



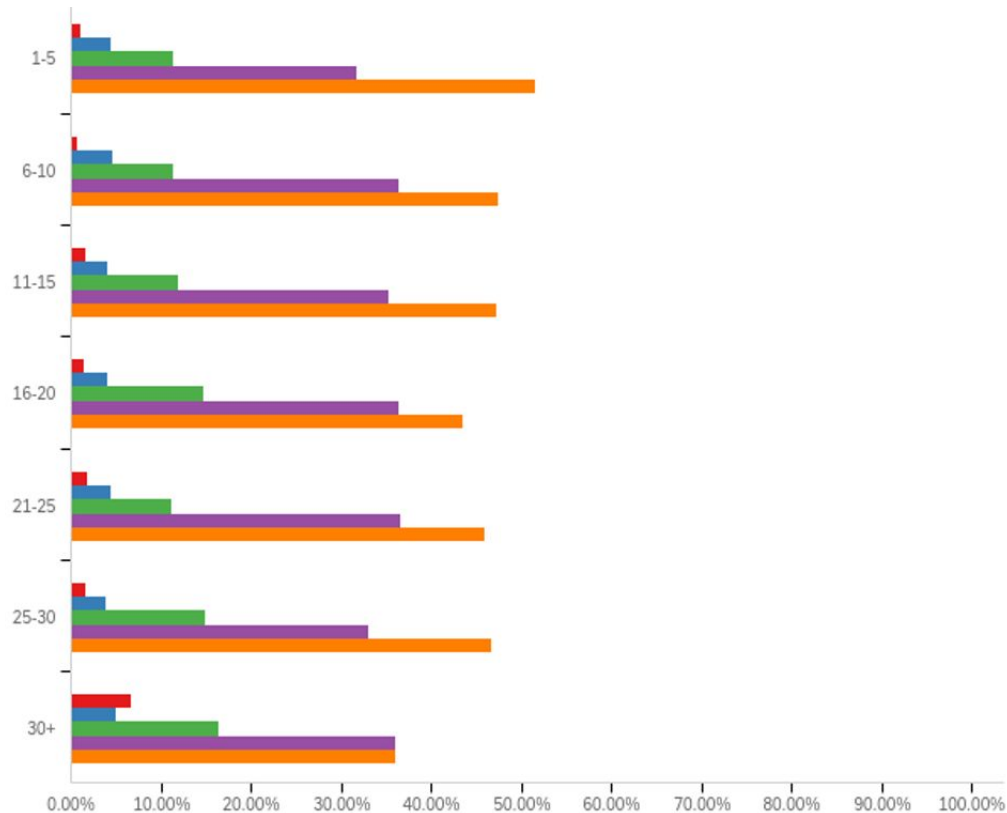


More stressful Equally stressful Less stressful Not at all stressful

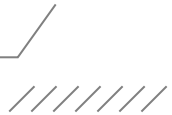
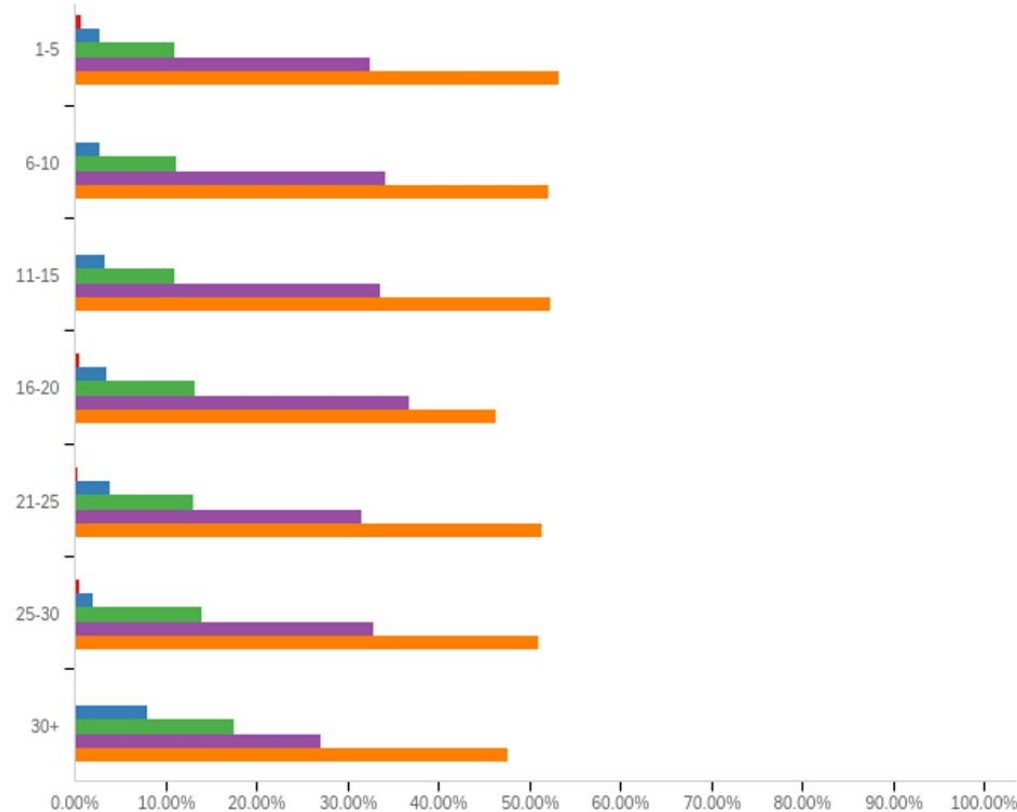




# During the past week, how often did you feel overwhelmed at work?

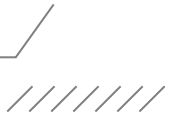
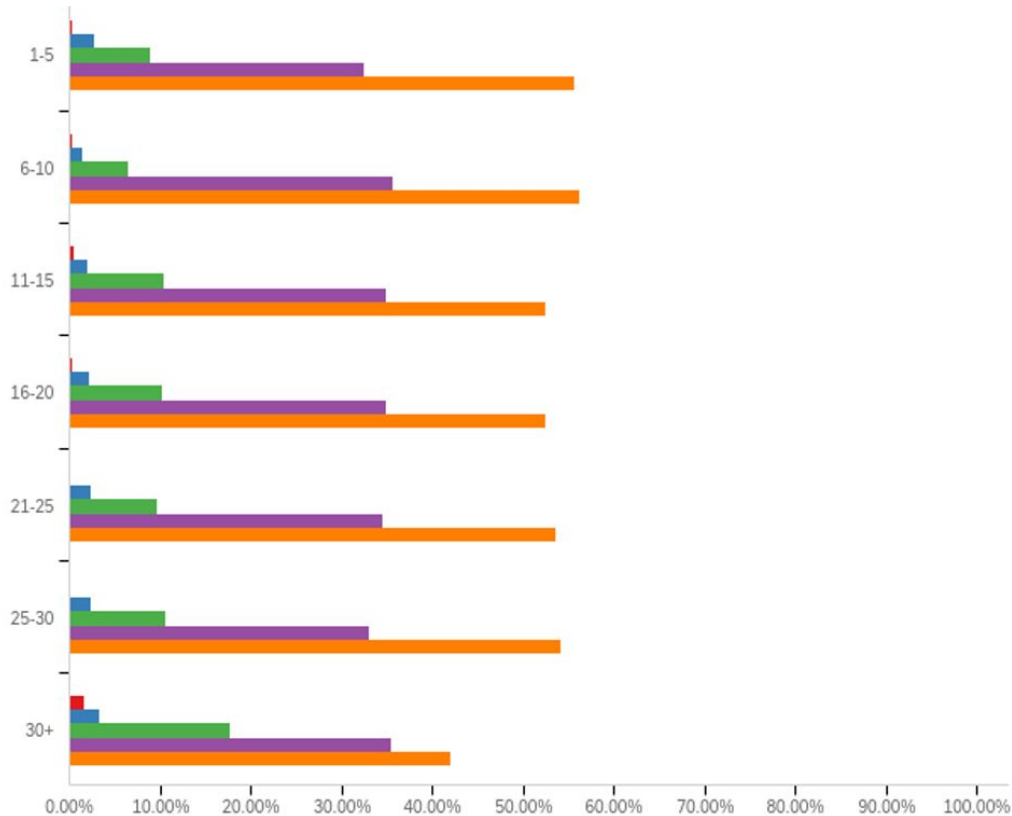


During the past week, how often did you feel **stressed** at work?

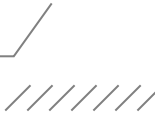
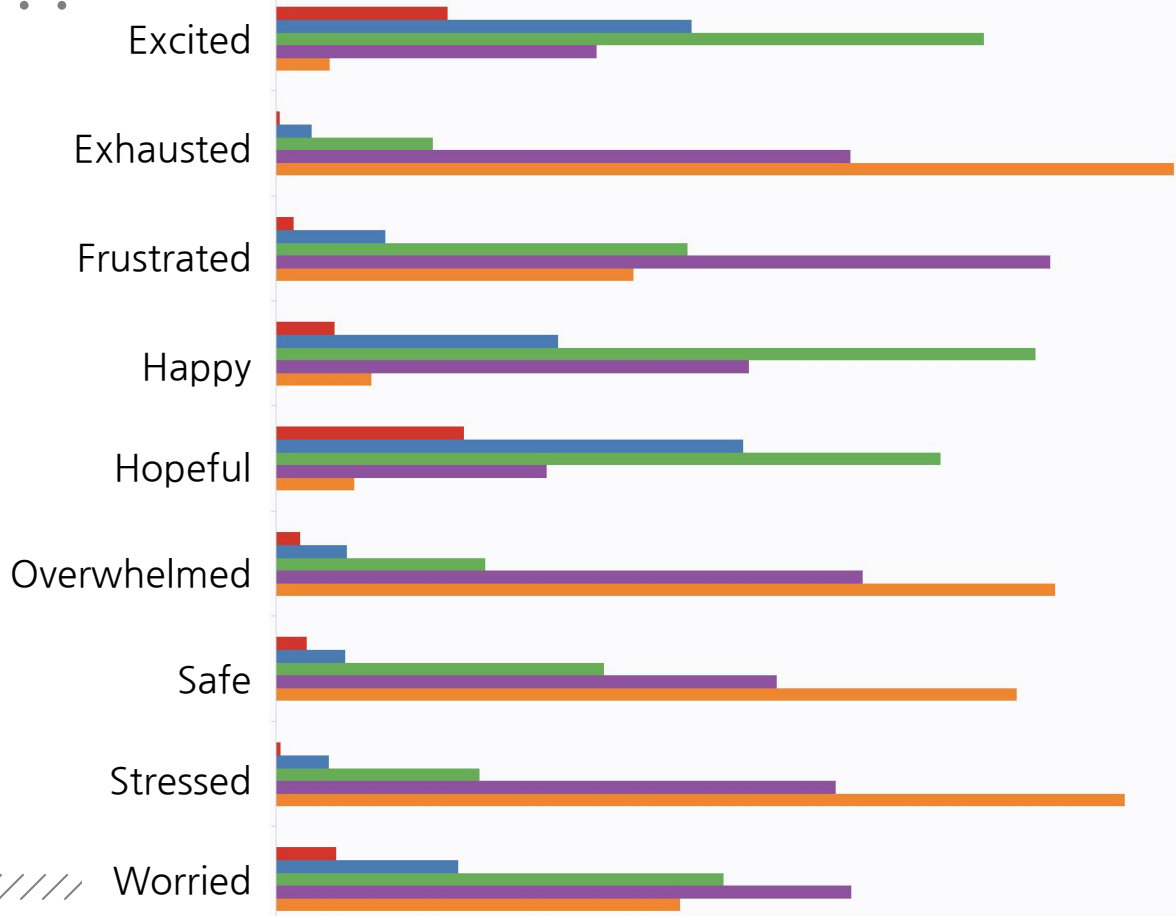




# During the past week, how often did you feel exhausted at work?

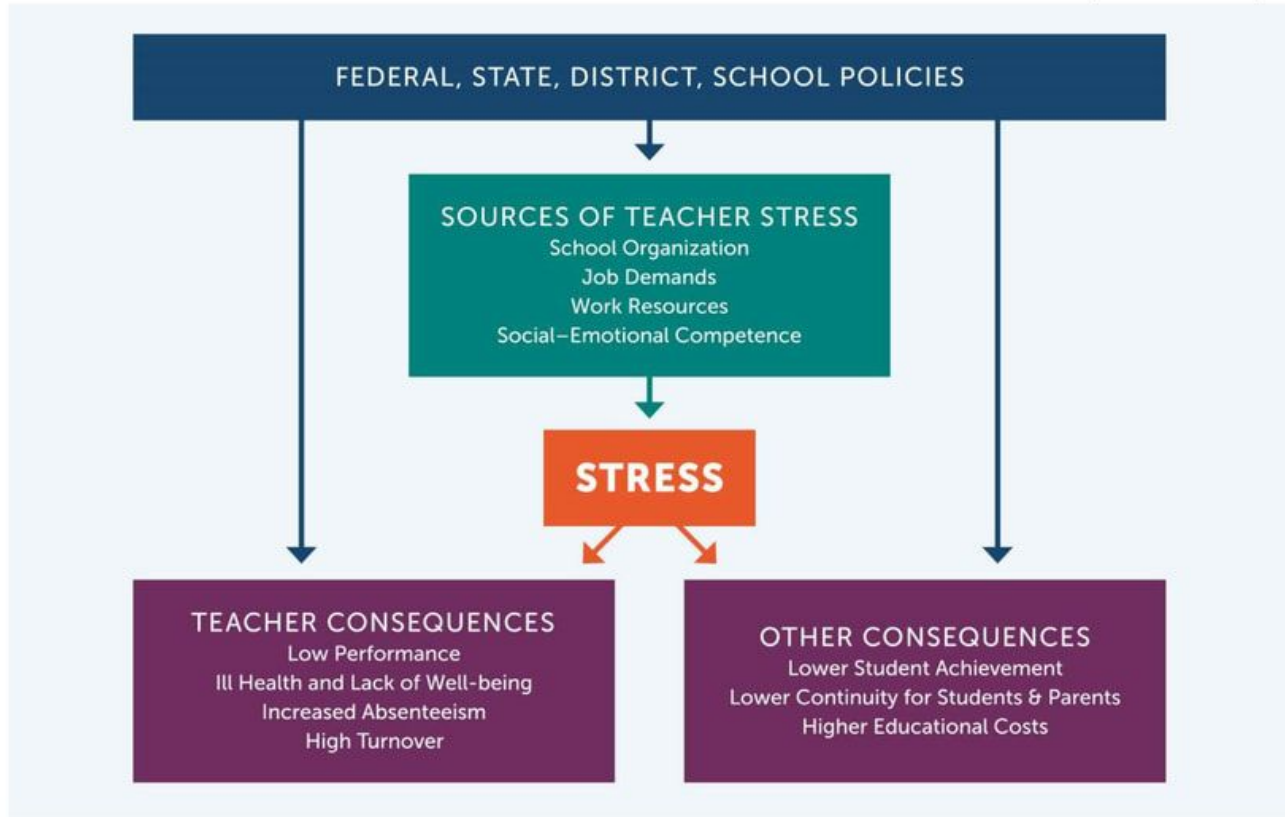


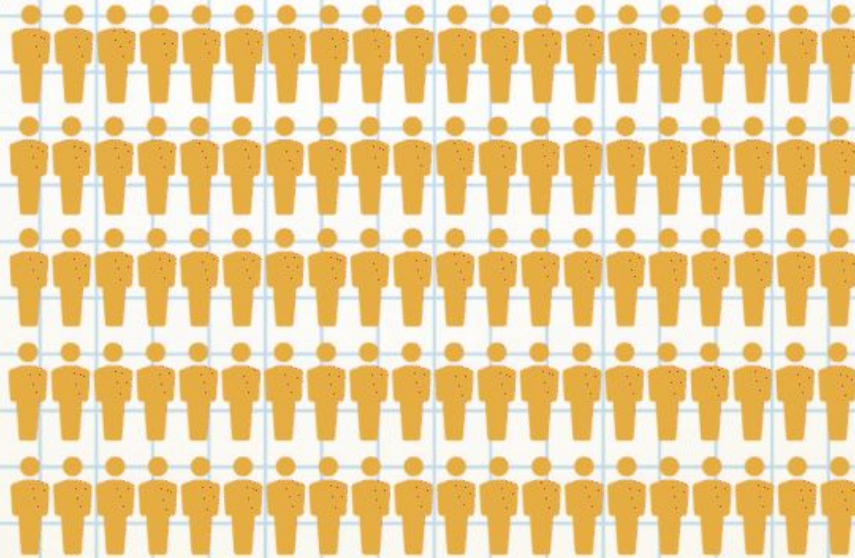
During the past week, how often did you feel \_\_\_\_\_ at work?



# Teacher Stress and Health

The effects on teachers, students, and schools.





**51%**

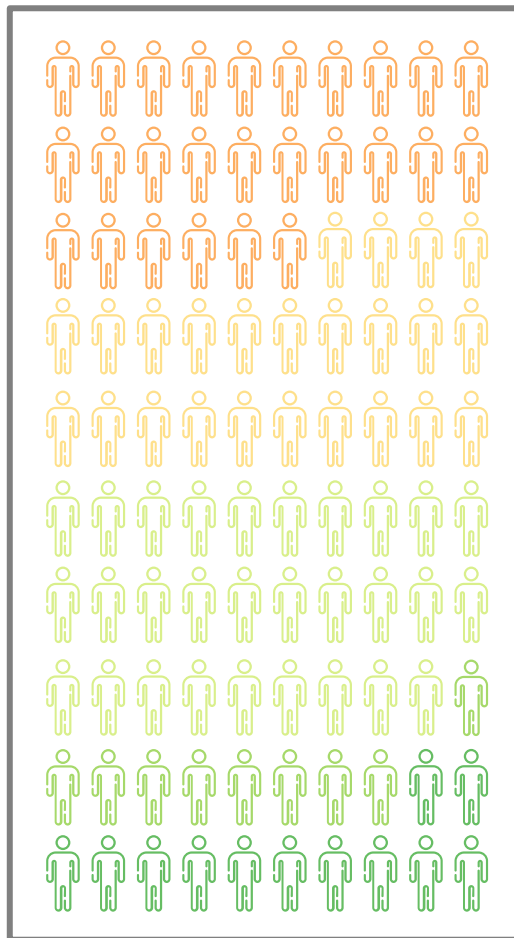
say they consider  
**leaving the  
profession**  
often or very often.






Based on 2834 responses to the 2021 Educator Wellness Survey.

**MISSOURI STATE TEACHERS ASSOCIATION**



I contemplate leaving the profession.



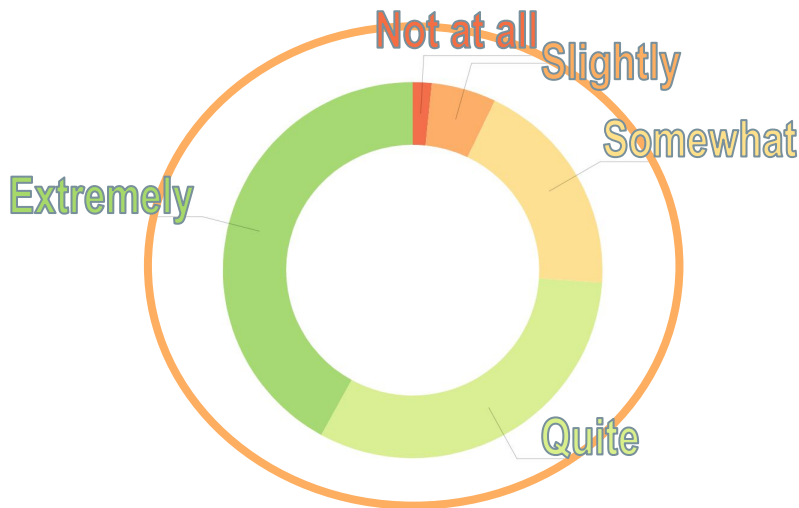
-  Very often
-  Often
-  Sometimes
-  Rarely
-  Not at all



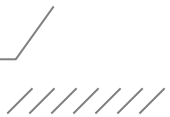
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How meaningful for you is  
the work that you do?

H



P E

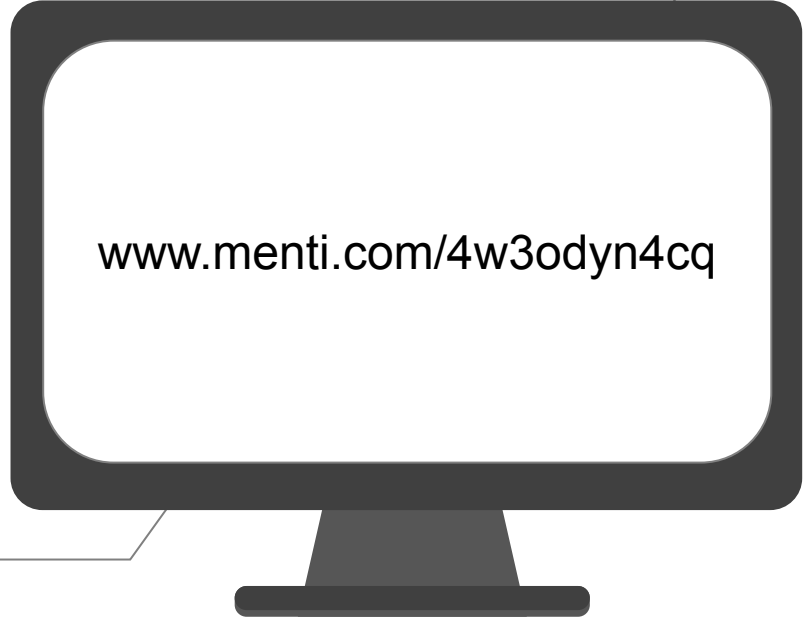


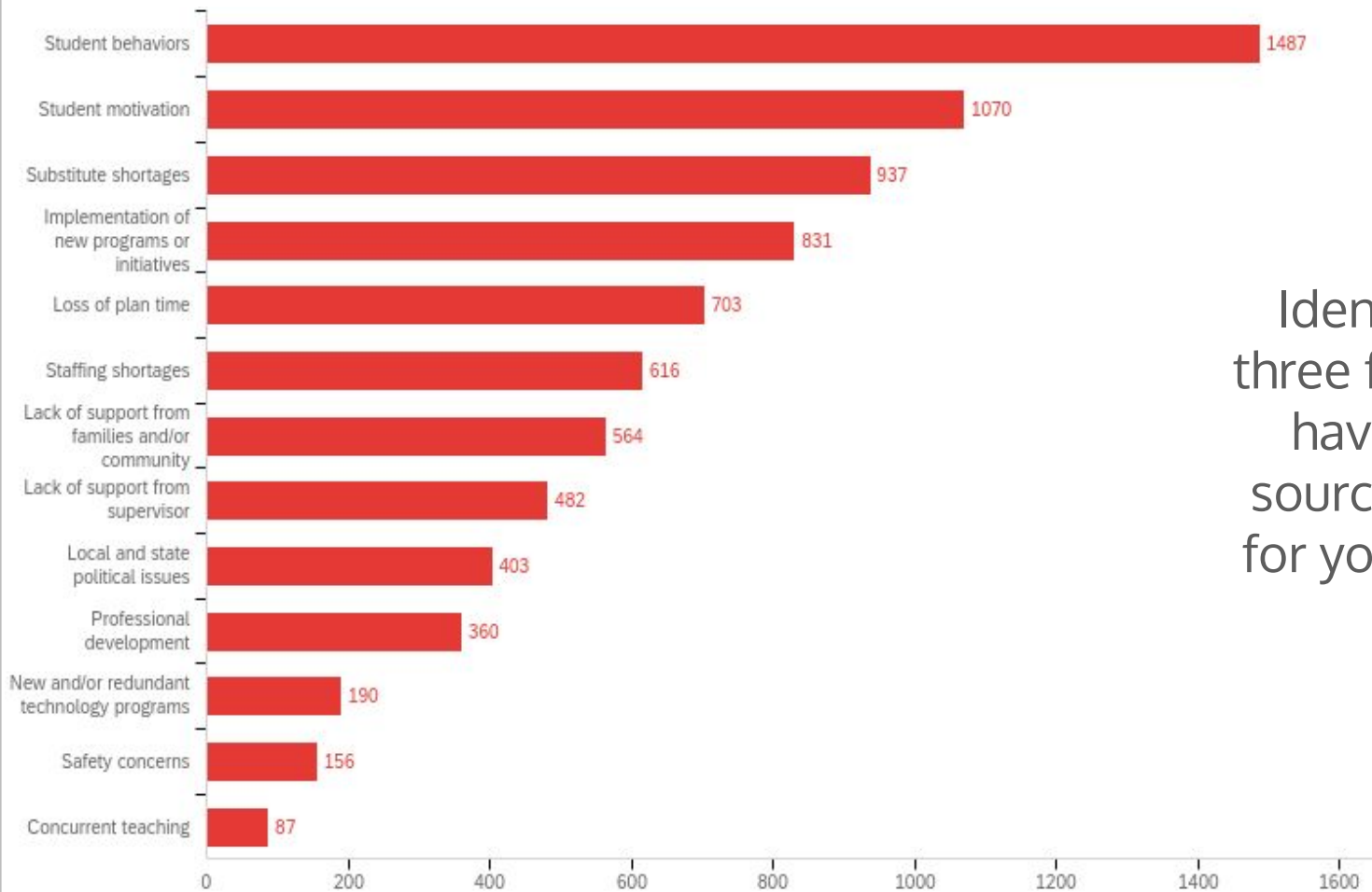


# SOURCES OF STRESS



What do you currently predict are the sources of stress for educators this year?





Identify up to three factors that have been a source of stress for you this year.







**As we look for solutions, what problems are we trying to solve?**



What could school, district and/or state leaders do to better support your wellbeing?

More built-in wellness days or work days with no planned professional learning.

Ask what the greatest causes of our stress are. Ask how we are feeling and why.

I believe my district and building are doing a good job of supporting the staff. They listen and provide positive interactions and building up the staff.

Ask the teachers what they want.

Have administration that cares about people, not just policies. And a free coffee isn't self care.

Give as much press and attention to all of the positive things happening.

Take mental health seriously.

Paid quarantine leave if positive or symptomatic. We should not be penalized for COVID quarantines.

Prioritize what MUST be done and suspend what isn't completely necessary.

Less PD about Self-care and time to practice self-care.

Don't add new expectations on us in a year already putting extra stress on us.

Stop telling us to take time for self care and do something to reduce stress.

Check on teachers more often.

I need to feel supported, to know that I can take a mental health day if I need to without feel judged or shamed.

Take unnecessary tasks off of our plate.

Just for someone to say the appreciate me once in a while and really mean it.

Not offer us jeans days and ask us what our "why" is.



We need to stop  
just pulling people  
out of the river.

We need to go  
upstream and *find*  
*out why they're*  
*falling in.*

-Desmond Tutu





Let's be

# SOLUTIONS ORIENTED



# Solutions-Oriented Problem Solving

[bit.do/MSTAsolutions](https://bit.do/MSTAsolutions)

Scan here to  
access this slide



## Student behavior



[bit.do/MSTAbehavior](https://bit.do/MSTAbehavior)

## Student motivation



[bit.do/MSTAmotivation](https://bit.do/MSTAmotivation)

## Substitute shortages



[bit.do/MSTAsubs](https://bit.do/MSTAsubs)

## New programs/initiatives



[bit.do/MSTAprograms](https://bit.do/MSTAprograms)

## Loss of plan time



[bit.do/MSTAplan](https://bit.do/MSTAplan)

## Staffing shortages



[bit.do/MSTAstaffing](https://bit.do/MSTAstaffing)

## Lack of support

(from families/community/supervisor)



[bit.do/MSTAsupport](https://bit.do/MSTAsupport)

## Local and state political issues



[bit.do/MSTApolitical](https://bit.do/MSTApolitical)

## Stress and Morale



[bit.do/MSTAstress](https://bit.do/MSTAstress)

# Solutions-Oriented Problem Solving

[bit.do/MSTAsolutions](https://bit.do/MSTAsolutions)





# Plus Minus Interesting



In your groups, determine something for each of the categories that you would like to share with the group after looking through all the Padlets.

Each group will share:

- **Plus:** a positive idea or concept from today
- **Minus:** a negative aspect, challenge or obstacle
- **Interesting:** an intriguing idea or concept gained

Plus	Minus	Interesting



47% almost always feel  
**OVERWHELMED**

A graphic illustration on a light blue grid background. It features a stack of five books in various colors (blue, brown, orange, brown, brown) with a green apple on top. The apple has a single green leaf. There are several black geometric shapes (circles, triangles) and arrows scattered around the central text. The text is in green and blue. The MSTA logo is in the bottom left corner of the graphic.

74%  
say their work is  
quite or extremely  
**MEANINGFUL**

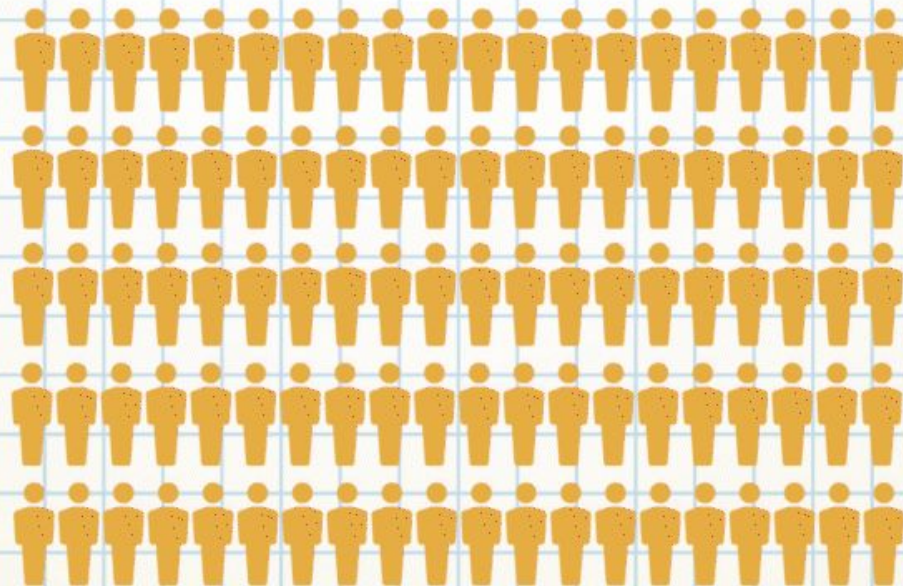
MSTA

Which of these statistics do we want to leverage...



- • • • • • • •
- • • • • • • •

...to prevent this from happening?



**51%** say they consider **leaving the profession** often or very often.

Based on 2834 responses to the 2021 Educator Wellness Survey.

MISSOURI STATE TEACHERS ASSOCIATION

# THANKS!

Do you have any questions?

Beth Houf- @BethHouf

Shelly Parks- @ShellyParks5

Darbie Valenti Huff- @Miss\_D\_Valenti



**Copy of this presentation:**

[bit.do/MSTAaction](https://bit.do/MSTAaction)

**Link to survey report:**

[msta.org/Wellness-Survey](https://msta.org/Wellness-Survey)