

## TIPS AND TRICKS FOR THE TEACHER'S TOOLBOX



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### In Issue 32:

- *Strategies to Embrace the Emotional Labor of Teaching*
- *A Well-Being Index*



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# FACULTY FOCUS

## Seven Strategies for Embracing the Emotional Labor of Teaching



**Strategy 1: Acknowledge emotional labor**

*Pause and reflect: What percentage of your time (energy or emotional energy) is committed to either a challenge for your students or to teaching?*

**Goal**

**Strategy 2: Increase self-awareness**

*Pause and reflect: What is your self-awareness regarding self-compassion, self-empathy and boundaries, and your beliefs about your role?*

**Goal**

**Strategy 3: Examine beliefs about challenging behavior**

*Pause and reflect: What is a hot button for you? What is your response model about the behavior? What supports are in place for your behavior? What is one for you you can request and utilize effectively?*

**Goal**

**Strategy 4: Examine beliefs about students**

*Pause and reflect: What is one behavior you use for a student's challenging behavior?*

**Goal**

**Strategy 5: Practice positive rehearsal**

*Pause and reflect: What positive communication rehearsal?*

**Goal**

**Strategy 6: Identify guidelines for responsive relationships**

*Be genuine, curious, and empathic. Avoid defensiveness. Practice self-compassion teaching students with rules. Pause and reflect: What guides you in creating responsive relationships with students?*

**Goal**

**Strategy 7: Cultivate a prevention mindset**

*Pause and reflect: What do you do to prevent challenging behaviors?*

**Goal**



## Well-Being Index: Invest 5 Minutes in Yourself

The Well-Being Index is a tool developed by researchers at the Mayo Clinic to track wellness among medical professionals and other high-stress professions.

Take five minutes for yourself and sign up for the Well-Being Index, a 9-question self-assessment of your stress and well-being.



### Upon completion of the Well-Being index

You will receive **immediate, individualized feedback**, including local and national resources, to address your well-being needs.

You will also be able to re-take the Well-Being Index in the future to **track your score over time**.

The Well-Being index is **anonymous and confidential** - your personal information is not shared.

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