

# 5 Ways to Support Teachers Through Stressful Times



Teachers worked heroically to keep students learning throughout the pandemic—arguably the most stressful year today’s educators have ever experienced. Now, teachers need our support.

Veteran K-12 superintendent and educator Dr. Lisa Andrejko shared the following five tips for how district leaders and administrators can [support teachers through these stressful times](#):



## Collaboration

### WHAT IT MEANS

Prioritizing teachers’ emotional, mental, and physical well-being is a good place to start. Invite feedback and listen to their concerns, frustrations, and worries.

### HOW TO DO IT

Create opportunities for teachers to communicate what works for them, and incorporate their feedback into how you build processes, tasks, and professional learning programs.



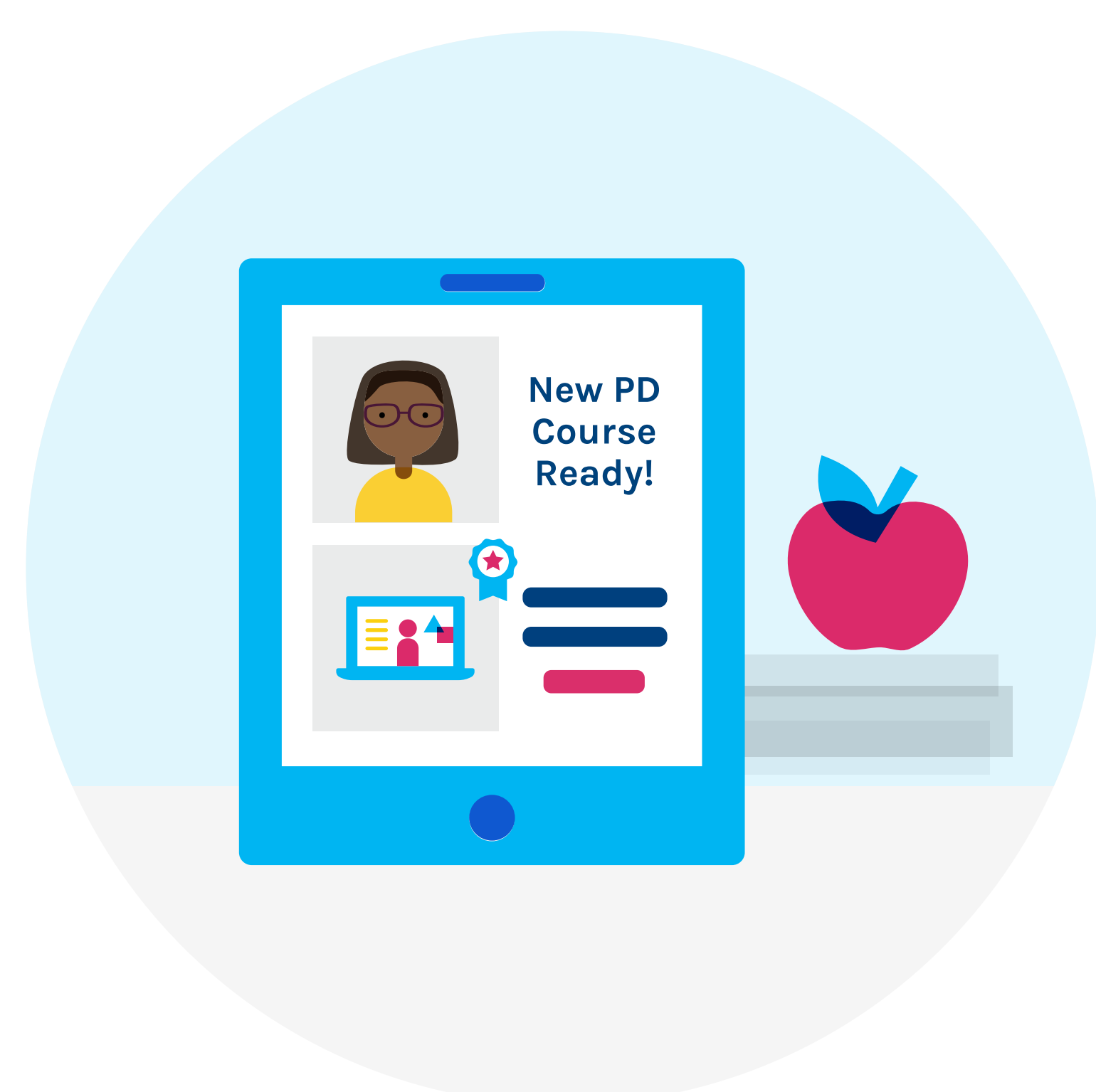
## Respect

### WHAT IT MEANS

Honesty, kindness, and patience show teachers you respect their needs. As we recover from a stressful year, teacher well-being and student learning go hand in hand.

### HOW TO DO IT

Offer teachers autonomy and freedom in completing tasks when possible. Loosening mandates shows you respect their self-accountability.



## Growth

### WHAT IT MEANS

Teachers’ time is short, so tailoring professional learning to their specific needs can help them balance a busy schedule with building skills that will serve them best.

### HOW TO DO IT

Personalize professional learning, and help teachers and administrators develop positive coping and interaction skills with Social and Emotional Learning (SEL) courses.



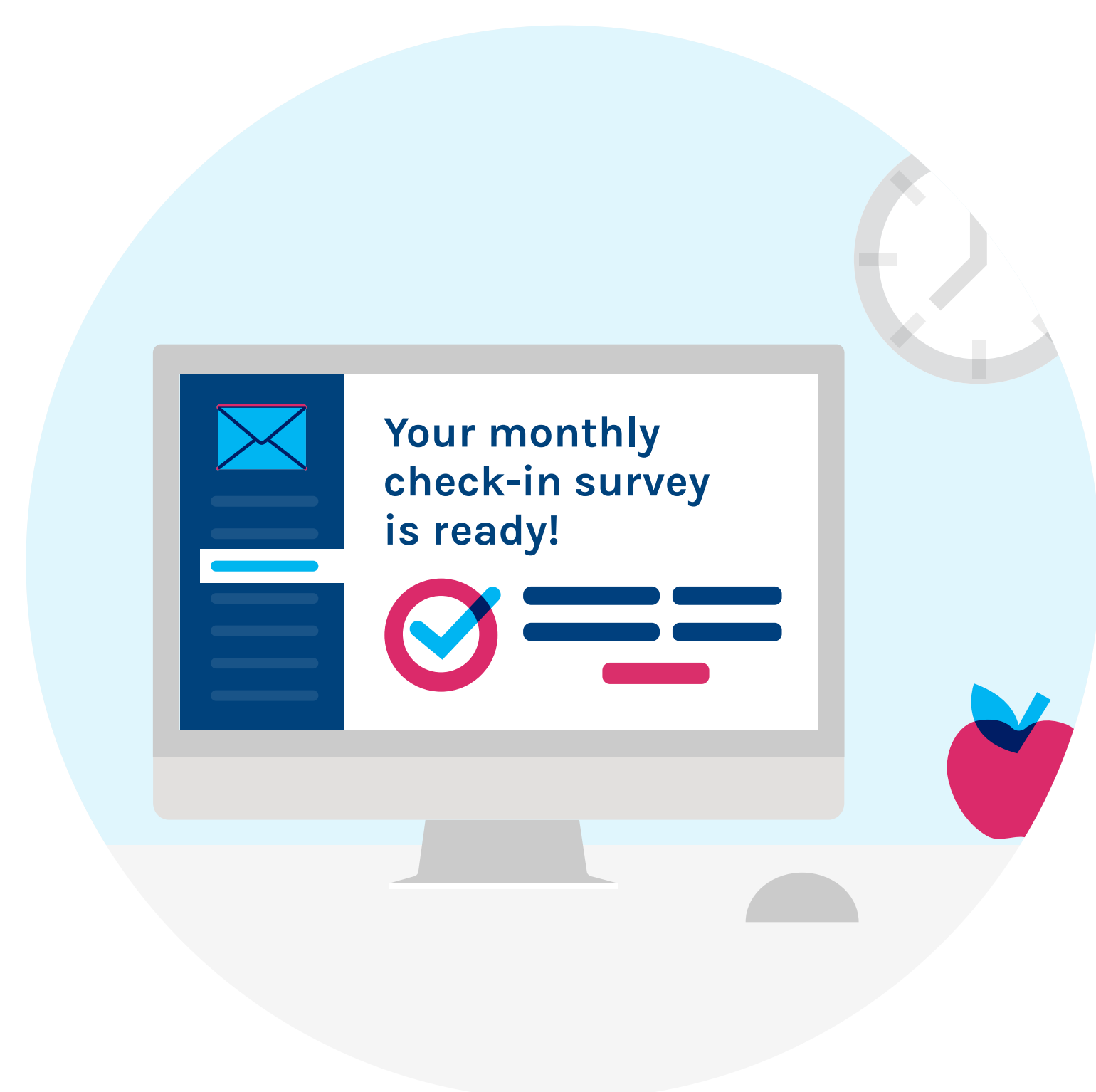
## Support

### WHAT IT MEANS

A culture of respect and understanding keeps teachers and staff engaged, learning, and supportive of each other. A shared vision and honest communication help everyone lift each other up.

### HOW TO DO IT

Open up a dialogue by centering teacher evaluations around growth conversations. Consider a mentor program to help new teachers learn and grow while building team solidarity.



## Perspective

### WHAT IT MEANS

Challenges lay ahead, so setting clear-but-realistic expectations can help teachers adapt and cope with changes as they come.

### HOW TO DO IT

Check in with teachers often to maintain a clear view of classroom and teachers’ lounge realities. They’ll feel valued when their perspective plays a role in policy and decision making.

1) Newman, Adam, “Making the Grade: One Year In – What Has Been the Toll on Teachers?”, Tyton Partners, March 3, 2021

ON-DEMAND WEBINAR

Learn more about supporting teacher well-being

Watch this webinar for tips about implementing a successful SEL program.

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