### Teacher Self-care Self-assessment

Complete the following questionnaire to identify how effectively you are taking care of your personal and professional needs and managing your stress.

|  |  |  |  |
| --- | --- | --- | --- |
| How often have you experienced the following in the last term? | Almost always | Sometimes | Hardly ever |
| I have been afraid to take time out and relax. |  |  |  |
| I find it difficult to think positively about the situation. |  |  |  |
| I have over-reacted to what I realise was a minor stress later. |  |  |  |
| I felt that there were no solutions to the situation. I just had to accept it. |  |  |  |
| I couldn’t get to sleep or stay asleep. |  |  |  |
| I couldn’t remember why I do my job. |  |  |  |
| I fought with family members. |  |  |  |
| I reduced my social interaction. |  |  |  |
| A particular student continued to baffle and frustrate me. |  |  |  |
| I didn’t want to go to work. |  |  |  |
| I ate, drank or smoked more. |  |  |  |
| I watched too much mindless television. |  |  |  |
| My family/partner was increasingly frustrated with me. |  |  |  |
| I felt so alone. |  |  |  |
| I wasn’t as creative or productive as normal. |  |  |  |
| I just wanted to go on holiday (ALL the time). |  |  |  |
| I stopped exercising or doing my hobbies. |  |  |  |
| I ate more junk food and put on weight (more than 3kgs). |  |  |  |
| I became more impatient. |  |  |  |
| I cried for no reason. |  |  |  |
| I couldn’t stop thinking about one of my students who was having a very hard time at home. |  |  |  |
| I felt angry and betrayed by my colleagues. |  |  |  |
| I thought about or started looking for a new job. |  |  |  |
| I craved sugar. |  |  |  |
| I spent a lot of money on something I don’t know that I will ever use. |  |  |  |

Adapted from Berry Street Education Model



If you find yourself marking the almost always column in 4 or more of the above, it is suggested that you seek some professional or collegial support to discuss your concerns. Burnout is very common among teachers. Seek a professional who understand the demands to assist you in reframing your circumstances and developing strategies to effectively address your concerns and wellbeing. Also, keep an eye out for colleagues whose behaviours or demeanour changes during stressful periods at school.

The Employee Assistance Program (EAP) is one of the key initiatives to support the wellbeing of employees across the department. The aim of the program is to improve the health and wellbeing of employees working in Education by providing them with a tailored, employee focused approach to EAP services, moving away from the traditional 'one size fits all' approach.

EAP- Supporting You is a tailored counselling support service, provided by psychologists and social workers who understand the work you do, the challenges you face and your working environment. The clinicians delivering services under the program have undergone an intensive induction process to ensure that they understand the specific needs of employees within the department.