

# Staying Sane

can feel like an uphill battle

Understanding the forces  
against you and what you can do

## Why did you go into education?

- ☐ To make a difference in students' lives
- ☐ To help students reach their full potential
- ☐ A teacher inspired me when I was young
- ☐ To be part of the "aha" moment when things just click for a student
- ☐ To share my enthusiasm for the subject I teach
- ☐ To make a difference in the community
- ☐ For family/work life balance
- ☐ For the non-traditional work schedule (ie summers, holidays off)
- ☐ Because it's a profession where jobs are available
- ☐ To make a difference at my school
- ☐ For earning potential
- ☐ Other



From the research on educator stress

### Main sources of stress:

1. **School Organization**
2. **Job demand**
3. **Limited autonomy**
4. **Educators' social-emotional competence**

Is this your experience?  
What are *your* sources  
of stress related to  
education?



## Take an inventory of your resilience

Rate yourself from 1 to 5 (1 = strongly disagree; 5 = strongly agree):

- \_\_\_\_\_ I'm usually optimistic. I see difficulties as temporary and expect to overcome them.
- \_\_\_\_\_ Feelings of anger, loss and discouragement don't last long.
- \_\_\_\_\_ I can tolerate high levels of ambiguity and uncertainty about situations.
- \_\_\_\_\_ I adapt quickly to new developments. I'm curious. I ask questions.
- \_\_\_\_\_ I'm playful. I find the humor in rough situations, and can laugh at myself.
- \_\_\_\_\_ I learn valuable lessons from my experiences and from the experiences of others.
- \_\_\_\_\_ I'm good at solving problems. I'm good at making things work well.
- \_\_\_\_\_ I'm strong and durable. I hold up well during tough times.
- \_\_\_\_\_ I've converted misfortune into good luck and found benefits in bad experiences.

\_\_\_\_\_ TOTAL

Resilience is the  
ability to recover  
from setbacks and  
adapt to challenging  
circumstances.

**Less than 10: Low Resilience** — You may have trouble handling pressure or setbacks, and may feel deeply hurt by any criticism.

**10-30: Some Resilience** — You have some valuable pro-resiliency skills, but also plenty of room to improve. Strive to strengthen the characteristics you already have and to cultivate the characteristics you lack.

**30-35: Adequate Resilience** — You are a self-motivated learner who recovers well from most challenges. Learning more about resilience, and consciously building your resiliency skills, will empower you to find more joy in life, even in the face of adversity.

**35-45: Highly Resilient** — You bounce back well from life's setbacks and can thrive even under pressure.

# Building personal **RESILIENCE**



1. Know yourself
2. Reframe the story
3. Take care of yourself

Resiliency building resources:  
Onward, by Elena Aguilar  
More at [www.stretchedcounselor.com](http://www.stretchedcounselor.com)

## Know your **CORE VALUES**

Circle ten values most important to you. Highlight your five core values.

Personal Core Values			
accomplishment	determination	independence	perseverance
accountability	discipline	individuality	personal growth
achievement	discovery	initiative	personal health
acceptance	diversity	inner peace	pleasure
adventure	education	integrity	power
approval	environment	intelligence	practicality
autonomy	equality	joy	privacy
balance	excellence	justice	problem solving
beauty	fairness	knowledge	professionalism
challenge	faith	leadership	punctuality
change	family	learning	purpose
collaboration	flexibility	love	strength
commitment	forgiveness	loyalty	success
communication	freedom	meaning	teamwork
community	friendship	moderation	timeliness
compassion	fulfillment	money	tolerance
competence	fun	nature	tradition
concern for others	generosity	nurturing	trust
confidence	genuineness	open-mindedness	truth
connection	gratitude	optimism	unity
conservation	hard work	patriotism	variety
cooperation	healing	peace	wealth
creativity	helping	perfection	wisdom
credibility	honesty		
democracy	honor		

### My Core Values

- 1.
- 2.
- 3.
- 4.
- 5.

### Eustress

What fuels you?

**Stay in your lane...**  
align your work with your values... prioritize and set limits... limit side trips that take you off course.

**I was so tired I...**

### Helpful Tips

Vent wisely.

Keep in mind other people's perspectives.

Move on, don't fester, using energy on negative thoughts.

Take on the Nelson Mandela mindset.