

# I'm Burnt!



This is not an official assessment or analysis, only for staff development training.

**Introduction:** Why I started in the teaching profession: \_\_\_\_\_

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## 1. The Stressors:

## 2. How people deal with the stress:

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## 3. Indicators that there's a situation:

Stress	Burnout
<input type="checkbox"/> Characterized by over engagement	<input type="checkbox"/> Characterized by disengagement
<input type="checkbox"/> Emotions are over-reactive	<input type="checkbox"/> Emotions are blunted
<input type="checkbox"/> Produces urgency and hyperactivity	<input type="checkbox"/> Produces helplessness and hopelessness
<input type="checkbox"/> Loss of energy	<input type="checkbox"/> Loss of motivation, ideals and hope
<input type="checkbox"/> Leads to anxiety disorders	<input type="checkbox"/> Leads to detachment and depression
<input type="checkbox"/> Primary damage is physical	<input type="checkbox"/> Primary damage is emotional
<input type="checkbox"/> May kill you prematurely	<input type="checkbox"/> May make life seem not worth living

## 4. How it can spread into other areas:

*Color in the box where you feel you're at in these areas of your life. Self assessment-*

1 is going well    2 good    3 fair    4 alright  
 5 some strain    6 stitches stretching    7 fragile  
 8 starting to crack    9 edge of the abyss  
 10 feels out of control

Area	1	2	3	4	5	6	7	8	9	10
Family										
Finances										
Faith										
Friends										
Work										
Health										
Future										

**5. What may be the result if nothing is done?** \_\_\_\_\_

## II. Healthy Applications

1. You stay strong; healthy, balanced, you're the leader.
2. Identify the stressors YOU can do something about.
3. Shield your staff from items that you can.
4. Take the servant approach to leadership, "*what can I do for you?*"
5. Provide clear, concise, consistent messages.
6. Celebrate – find or create a reason!
7. Three A's: Acknowledgement, affirmation & appreciation.
8. Seek confidential and effective support systems if in burn out.
9. Its ok, really – to pursue other career endeavors.
10. Develop a solutions environment.
11. Offer to assist in prioritizing agendas.
12. Develop your staff.
13. See the perspective from the student's view.
14. Laugh.
15. Inspire in the midst of adversity.

Item	In my control	Resources	Manageable Tasks

## III. MY PERSONAL ACTION PLAN:

1. What I will **START** doing: \_\_\_\_\_
2. What I will **STOP** doing: \_\_\_\_\_
3. What I will **KEEP** doing: \_\_\_\_\_