

Teacher Well-Being and Teacher Stress — April 23, 2018

Co-hosted by UConn's Collaboratory on School & Children Health and the Neag School of Education, and featuring school psychology expert Dr. Lisa Sanetti

by  Neag School 2 hours ago



Neag School
@UConnNeag



Welcome to our [#TeacherStress](#) [#TwitterChat](#)! Thx for joining us for tonight's conversation, feat. [#schoolpsych](#) expert [@DrSanetti](#) & co-hosted by [@UConnCSCH](#).

Be sure to use hashtag [#teacherstress](#) in each of your tweets so we can capture all your great insights. Let's get started!

8:00 PM - Apr 23, 2018

♡ 2 👤 [See Neag School's other Tweets](#)



Neag School

@UConnNeag



We're proud to introduce you first to our co-host [@UConnCSCH](#), known as the Collaboratory on [#School](#) & Child [#Health](#) here [@UConn](#)! You can learn more about their work at csch.uconn.edu. [#teacherstress](#)

8:00 PM - Apr 23, 2018



2



See Neag School's other Tweets



Neag School

@UConnNeag



Also here to give insight into the latest research on [#teacherstress](#) & answer your questions is [@DrSanetti](#), associate professor here in our Department of [#EdPsych](#). Find more info on her work at [education.uconn.edu/person/lisa-sa....](http://education.uconn.edu/person/lisa-sa...) [#edchat](#) [#schoolpsychology](#) [#employeeewellness](#) [#mentalhealth](#)

8:01 PM - Apr 23, 2018



1



See Neag School's other Tweets



Neag School
@UConnNeag



If you haven't had a chance to watch the @UConnCSCH video feat. @DrSanetti's talk on #teacherstress & #teacherwellbeing, be sure to bookmark the following link and check it out post-#TwitterChat: youtu.be/0uszD07ce1A

Now let's turn it over to @UConnCSCH! #teacherstress

8:02 PM - Apr 23, 2018

♡ 1 👤 See Neag School's other Tweets



UConn CSCH
@UConnCSCH



Welcome to our #teacherstress #twitterchat! Please remember to start your answer with the question number. For example If you're answering Question 1 (Q1), start your tweet with A1 (Answer 1) to show you're responding to Q1. #teacherstress

8:03 PM - Apr 23, 2018

♡ 👤 See UConn CSCH's other Tweets





UConn CSCH

@UConnCSCH



We'll be asking some questions that are for [@DrSanetti](#) and some that anyone can answer (and some for both) so feel free to chime in! [#teacherstress](#)

8:03 PM - Apr 23, 2018



1



See UConn CSCH's other Tweets



UConn CSCH

@UConnCSCH



Q1. Let's get started! Everyone: please take a minute to introduce yourself and why you're interested in this topic.

[#teacherstress](#)

8:04 PM - Apr 23, 2018



2



See UConn CSCH's other Tweets



Lisa M. H. Sanetti

@DrSanetti



A1. I'm a school psychology professor, mom, wife, and friend. As an applied education researcher, I have seen the negative impact of stress on our educators & their students.

[#teacherstress](#)

8:05 PM - Apr 23, 2018



7



See Lisa M. H. Sanetti's other Tweets





Victoria Schilling

@miss_schilling_



Replying to @UConnCSCH

Hi Everyone, Tori Schilling- 8th grade teacher at Ellington Middle School 🙌 #Teacherstress

8:05 PM - Apr 23, 2018



4



See Victoria Schilling's other Tweets



Seth Wade

@MrSethWade



Seth, preservice teacher, currently studying at Grove City College, excited to learn how to manage stress as a teacher and see how it can apply to me as a college student in relation to field experiences. #teacherstress

8:07 PM - Apr 23, 2018



4



See Seth Wade's other Tweets



Dr. Jennifer Kubista

@JenniferKubista



Jennifer, Supt in OR, #UConn alum, & advocate for whole child, whole educator, whole community focus in education #teacherstress

8:08 PM - Apr 23, 2018



6



See Dr. Jennifer Kubista's other Tweets





Matthew Barbercheck

@ImposterTeacher



A1 Matthew Barbercheck, Industrial Arts, CAD, Spanish educator interested in reviewing and sharing insights on [#teacherstress](#)

8:08 PM - Apr 23, 2018

♡ 4 👤 See Matthew Barbercheck's other Tweets



Neag School

@UConnNeag



Replying to @UConnCSCH

.@UConnSCSH A1. We're @UConnNeag, the Neag School of Education at #UConn, here to support our fantastic resident expert @DrSanetti & co-host @UConnCSCH, & excited to help facilitate the conversation on [#teacherstress](#)!

8:04 PM - Apr 23, 2018

♡ 2 👤 See Neag School's other Tweets



UConn CSCH

@UConnCSCH



Q2. There are many stressful occupations. Why is teacher stress different than the stress from other occupations?

[#teacherstress](#)

8:10 PM - Apr 23, 2018

♡ 1 👤 See UConn CSCH's other Tweets





Lisa M. H. Sanetti

@DrSanetti



A2 . @UConnCSCH @Gallup poll shows teaching is most stressful occupation. Teachers' stress can be related to students; about half of whom experience trauma. Teachers can experience Secondary Traumatic Stress: PTSD-like symptoms from knowing about students' traumas. #teacherstress

8:10 PM - Apr 23, 2018



4



See Lisa M. H. Sanetti's other Tweets



Matthew Barbercheck

@ImposterTeacher



A2 Teacher stress is different than other occupations (albeit stress from any one occupation to another is always going to be different) but mainly because we can't leave the battlefield at the school where in most of my other occupations, I could.

#teacherstress

8:13 PM - Apr 23, 2018



4



See Matthew Barbercheck's other Tweets



Victoria Schilling

@miss_schilling_



As a first year teacher I've had to learn how to set boundaries... I could work 24/7 (some days I work 6am-8pm) but have had to learn to turn work "off" at a certain point, which is very difficult when there is always room for improvement and planning...etc.

#teacherstress

8:13 PM - Apr 23, 2018



25



See Victoria Schilling's other Tweets





Seth Wade

@MrSethWade



Q2. Teachers feel responsible for so much of student's development. Both behavioral and educational growth is expected when in reality only so much can be done and teachers are not parents for their students. [#teacherstress](#)

8:15 PM - Apr 23, 2018



5



See Seth Wade's other Tweets



Neag School

@UConnNeag



[#Teachers](#) reporting high levels of [#stress](#) most days of the week has more than doubled in the past 30 years, says [@DrSanetti](#). In fact, [#teacherstress](#) is the *No. 1 reason for the teacher shortage nationwide.* twitter.com/DrSanetti/stat...

8:13 PM - Apr 23, 2018



5



See Neag School's other Tweets



Neag School

@UConnNeag



You can download the full [@Gallup](#) report, "State of [#America's #Schools](#)," which talks about [#teaching](#) as among today's most stressful occupations, at gallup.com/services/17876...

[#teacherstress](#) [#stress](#) [#employeeewellness](#) [#teachersmatter](#)
twitter.com/DrSanetti/stat...

8:13 PM - Apr 23, 2018



State of America's Schools Report

Gallup's research on student achievement demonstrates the importance of "human" elements such as self-discovery and emotional
gallup.com



1



See Neag School's other Tweets





OEA Choice Trust

@oeachoiceitrust



Q2 - Teacher stress is different because everything you do touches young lives. Giving 100% and drawing work-life boundaries can feel like opposing concepts. - Arien, teacher, left field after 5 years [#teacherstress](#)

8:17 PM - Apr 23, 2018

♡ 6 See OEA Choice Trust's other Tweets



OEA Choice Trust

@oeachoiceitrust



OEA Choice Trust supports OR public school employees, ESD staff and community college staff with employee wellness programs through grants, an annual conference and free evidence-based resources [#teacherstress](#)

8:14 PM - Apr 23, 2018

♡ 5 See OEA Choice Trust's other Tweets



Neag School

@UConnNeag



Learn more about Secondary Traumatic Stress at traumaawareschools.org/secondarystress [#teacherstress](#) [#stress](#) [#mentalhealth](#) [#education](#) twitter.com/DrSanetti/stat...

8:16 PM - Apr 23, 2018

♡ 1 See Neag School's other Tweets





UConn CSCH

@UConnCSCH



Q3. @DrSanetti: What can you tell us about the difference between stress and burnout? #teacherstress

8:17 PM - Apr 23, 2018



2



See UConn CSCH's other Tweets



Lisa M. H. Sanetti

@DrSanetti



A3 .@UConnCSCH We all experience stress; but not burnout. Excessive, chronic stress can lead to burnout; characterized by emotional exhaustion, withdrawal from relationships, development of a negative/cynical attitude, and lack of sense of personal accomplishment. #teacherstress

8:18 PM - Apr 23, 2018



8



See Lisa M. H. Sanetti's other Tweets



Seth Wade

@MrSethWade



A3. Without a little bit of stress and pressure, I won't get anything done. Burnout is when stress gets to the point that one gives up or stops giving their full effort. Definitely an area in teaching that boundaries need to be put in place. #teacherstress

8:21 PM - Apr 23, 2018



3



See Seth Wade's other Tweets





Neag School

@UConnNeag



Re: A3, @DrSanetti, what are some of your suggestions for teachers (&/or school administrators) on how to prevent #burnout? #teacherstress [twitter.com/DrSanetti/stat...](https://twitter.com/DrSanetti/status...)

8:19 PM - Apr 23, 2018

♡ 1 See Neag School's other Tweets



Lisa M. H. Sanetti

@DrSanetti



.@UConnNeag It's essential to gain knowledge and skills about how to prevent stress (e.g., mindfulness programs) and use active coping (e.g., exercise, social support) to address stress instead of avoidant coping (e.g., substance use, not attending school) #teacherstress

8:22 PM - Apr 23, 2018

♡ 9 See Lisa M. H. Sanetti's other Tweets



UConn CSCH

@UConnCSCH



Q4. What are the consequences/impacts of teacher stress? On teachers and the impact more widely? #teacherstress

8:24 PM - Apr 23, 2018

♡ 2 See UConn CSCH's other Tweets





Lisa M. H. Sanetti

@DrSanetti



A4 . @UConnCSCH For teachers: increased physical & psych health problems, less effective teaching and interacting with students, less engaged at work. Students do poorer academically. Stress is the #1 reason teachers leave the field; has a \$7B economic impact/yr. #teacherstress

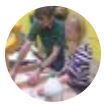
8:24 PM - Apr 23, 2018



5



See Lisa M. H. Sanetti's other Tweets



Matthew Barbercheck

@ImposterTeacher



A4 The consequences of teacher stress is diminished performance by teacher = diminished performance by student. OR they handle it so well they realize they are underpaid and capable of higher paying jobs and leave the profession.

#teacherstress

8:27 PM - Apr 23, 2018



7



See Matthew Barbercheck's other Tweets



Seth Wade

@MrSethWade



A4. If the stress from teaching in the classrooms pours over into other areas of life, you will lose the things that once sustained you. Important to not make too many sacrifices outside of school for the sake of your class. #teacherstress

8:29 PM - Apr 23, 2018



5



See Seth Wade's other Tweets





OEA Choice Trust

@oeachoiceitrust



Q4. Consequences: teachers less present, less able to self-regulate and bring their best self to work. Teacher well-being impacts student learning, classroom environment.

[#teacherstress](#)

8:30 PM - Apr 23, 2018

♡ 6 See OEA Choice Trust's other Tweets



Emily Anna Cipriano

@mscipteaches6th



[@UConnCSCH](#) What advice do you have for first year teachers? What are some ways that we can begin to develop plans and methods that keep us from burning out and being enveloped by [#teacherstress](#)? twitter.com/UConnNeag/stat...

8:25 PM - Apr 23, 2018

♡ 3 See Emily Anna Cipriano's other Tweets



Lisa M. H. Sanetti

@DrSanetti



.[@mscipteaches6th](#) .[@UConnCSCH](#) one of the best strategies for 1st yr teachers is having a mentor. Find a mentor who you like, who knows the school and field well. S/he can provide support with students, support with your work and social support —which is vital [#teacherstress](#)

8:30 PM - Apr 23, 2018

♡ 7 See Lisa M. H. Sanetti's other Tweets





Seth Wade

@MrSethWade



Replying to @DrSanetti and 2 others

This is also great advice for myself as a preservice teacher!
Mentorship is key. [#teacherstress](#)

8:34 PM - Apr 23, 2018



3



See Seth Wade's other Tweets



Matthew Barbercheck

@ImposterTeacher



Replying to @DrSanetti and 2 others

Some mentors can be found through social media if you think your building is dry. In fact my mentors via social media are becoming more impactful to my practice than my in person mentors.

8:32 PM - Apr 23, 2018



2



See Matthew Barbercheck's other Tweets



Neag School

@UConnNeag



Replying to @ImposterTeacher and 3 others

Very interesting. Behind every social media account is a real person — and a potential mentor! [#teacherstress](#)

8:35 PM - Apr 23, 2018



4



See Neag School's other Tweets





Emily Anna Cipriano

@mscipteaches6th



Loving this [#twitterchat](#) right now on [#teacherstress](#) with [@UConnNeag](#) [twitter.com/oeachoiceitrust...](#)

8:30 PM - Apr 23, 2018

♡ 4 See Emily Anna Cipriano's other Tweets



UConn CSCH

@UConnCSCH



.@DrSanetti: can you tell us about some ways that we can focus on the whole teacher and teacher well-being? What does the research tell us about what works? [#teacherstress](#)

8:32 PM - Apr 23, 2018

♡ 2 See UConn CSCH's other Tweets



Lisa M. H. Sanetti

@DrSanetti



A5 .@UConnCSCH Approaches include: mentoring programs, wellness programs, teaching stress management skills. Also important: school climate, teacher voice, autonomy. Stressors are different across schools; need to identify stressors and use resources efficiently. [#teacherstress](#)

8:32 PM - Apr 23, 2018

♡ 8 See Lisa M. H. Sanetti's other Tweets





OEA Choice Trust

@oeachoiceitrust



Building support systems for your social, emotional, physical and financial well-being in Year 1 can set healthy precedents for your career as an educator. Caring for yourself as a whole person will help you be the best teacher you can be. [#teacherstress](#)
[twitter.com/MrSethWade/sta...](#)

8:33 PM - Apr 23, 2018

6 See OEA Choice Trust's other Tweets



Lisa M. H. Sanetti

@DrSanetti



Replying to @oeachoiceitrust

.@oeachoiceitrust Yes! Setting good routines during early career will be helpful to maintaining the routines over time!
[#teacherstress](#)

8:37 PM - Apr 23, 2018

2 See Lisa M. H. Sanetti's other Tweets



UConn CSCH

@UConnCSCH



Q6. Back to our [#Twitterchat](#) participants: What are some things YOUR school or district has done to decrease teacher stress/promote teacher well-being? [#teacherstress](#)

8:38 PM - Apr 23, 2018

1 See UConn CSCH's other Tweets





OEA Choice Trust

@oeachoiceitrust



Some OR schools are using @Headspace's free Headspace for Teachers program: [headspace.com/philanthropy](https://www.headspace.com/philanthropy) Can be used individually or at meetings for mindful moments #teacherstress

8:39 PM - Apr 23, 2018



Headspace for Good

To improve the health and happiness of the world, Headspace is involved in a variety of programs and partnerships both in our own backyard and [headspace.com](https://www.headspace.com)



4



See OEA Choice Trust's other Tweets



OEA Choice Trust

@oeachoiceitrust



A6 Grantees have arranged classes like Zumba and yoga after school. Others created school gardens to have healthy produce available! Some have Wellness Wednesdays or kick off meetings with a walk or mindfulness activity. #teacherstress

8:53 PM - Apr 23, 2018



6



See OEA Choice Trust's other Tweets



Lisa M. H. Sanetti

@DrSanetti



Replying to @oeachoiceitrust

.@oeachoiceitrust Incorporating wellness into regularly scheduled meetings is a great way to promote self-care among all staff and demonstrate that educator wellbeing is valued by administrators! #teacherstress

8:56 PM - Apr 23, 2018



4



See Lisa M. H. Sanetti's other Tweets





Dr. Jennifer Kubista

@JenniferKubista



A6: We have an amazing district wide wellness program & @PantherStomp HS staff is one of two HS in the state focusing on Trauma Informed practices to support students & teachers! #teacherstress

8:50 PM - Apr 23, 2018



9



See Dr. Jennifer Kubista's other Tweets



J. Jason Joiner

@CyclePirateJJJ



I feel that I'm more upset about students' grades than they are. I know their grades are not their potential, but without effort, their potential lies dormant. #teacherstress

8:55 PM - Apr 23, 2018 · Marietta, GA



3



See J. Jason Joiner's other Tweets



Matthew Barbercheck

@ImposterTeacher



A6 Our school is pretty small and low stress. I think we all have our unofficial stress buddies in our k-12 staff of 14.

#teacherstress

8:40 PM - Apr 23, 2018



3



See Matthew Barbercheck's other Tweets





Neag School

@UConnNeag



ICYMI ...

Save this link for later so that you can check out [@DrSanetti's](#) video on [#teacherstress](#) & [#teacherwellbeing](#):
youtu.be/0uszD07ce1A

8:42 PM - Apr 23, 2018

♡ 2 👤 See Neag School's other Tweets



Neag School

@UConnNeag



FWIW: During [#TeacherAppreciationWeek](#) each year, [@UConnNeag](#) stops at a few local partner schools to drop off cookies & thank teachers for doing incredible work. There's always room for more ideas on this front!
[#teacherstress#teachersmatter](#) [#edchat](#) [#employeeewellbeing](#)
twitter.com/UConnCSCH/stat...

8:45 PM - Apr 23, 2018

♡ 4 👤 See Neag School's other Tweets





Neag School

@UConnNeag



We should mention, too, that for our latest [@UConnNeag](#) [#teachered](#) alumni, we periodically hold [#PD](#) sessions to offer guidance specifically for first- & second-year [#teachers](#).

[#teacherstress](#) [twitter.com/UConnCSCH/stat...](#)

8:49 PM - Apr 23, 2018



3



See Neag School's other Tweets



UConn CSCH

@UConnCSCH



Q7. What are some things that you would like your school or district to do promote teacher well-being that they currently do NOT do? [#teacherstress](#)

8:45 PM - Apr 23, 2018



2



See UConn CSCH's other Tweets



Emily Anna Cipriano

@mscipteaches6th



This is such an important topic that I feel like not many people discuss, I know as teachers we spend so much of our time and energy caring for our students but perhaps we need to spend more time caring for ourselves as well! [#teacherstress](#) [#bestself](#) [twitter.com/UConnNeag/stat...](#)

8:57 PM - Apr 23, 2018



5



See Emily Anna Cipriano's other Tweets





Emily Anna Cipriano

@mscipteaches6th



This is why I LOVE social media because we can bridge connections with teachers across the globe & expand our minds and enhance our opportunities for mentorship [#teacherstress](#) [#teacherlife](#) [#mentorship](#) [#firstyearteacher](#) twitter.com/UConnNeag/stat...

8:59 PM - Apr 23, 2018



8



See Emily Anna Cipriano's other Tweets



UConn CSCH

@UConnCSCH



Q8. To our [#Twitterchat](#) participants: do you have questions for [@DrSanetti](#) that we haven't covered? [#teacherstress](#)

8:54 PM - Apr 23, 2018



1



See UConn CSCH's other Tweets



OEA Choice Trust

@oeachoiceitrust



[@DrSanetti](#) Are you able to share the resources/research you referenced in your talk regarding [#teacherstress](#) ?

9:00 PM - Apr 23, 2018



2



See OEA Choice Trust's other Tweets





Lisa M. H. Sanetti

@DrSanetti



Replying to @oeachoiceitrust

.oeachoiceitrust Sure. Happy to share resources. Message me and I can pull together the resources you are interested in!

[#teacherstress](#)

9:03 PM - Apr 23, 2018



2



See Lisa M. H. Sanetti's other Tweets



UConn CSCH

@UConnCSCH



Q9. Let's wrap up on a positive note: in her CSCH Live Talk video, [@DrSanetti](#) talks about favorite teachers and the qualities of favorite teachers. Who was your favorite teacher and why?

[#teacherstress](#)

8:57 PM - Apr 23, 2018



3



See UConn CSCH's other Tweets



Lisa M. H. Sanetti

@DrSanetti



A9 .[@UConnCSCH](#) Ms. Christa Goldsmith—best 4th grade teacher. EVER. [#teacherstress](#)

9:00 PM - Apr 23, 2018



3



See Lisa M. H. Sanetti's other Tweets





Neag School

@UConnNeag



Replying to @UConnCSCH @DrSanetti

Lots of amazing teachers on our minds — Mrs. Walsh shared a love of [#reading](#); Mr Maglio shared a love of [#math](#); Mr. Ford shared a look into the intersection of [#art](#), [#literature](#), & more [#teacherstress](#)

9:00 PM - Apr 23, 2018



2



See Neag School's other Tweets



UConn CSCH

@UConnCSCH



That's a wrap! Thank you so much for participating in our [#teacherstress](#) [#twitterchat](#) Thank you especially to our co-host [@UConnNeag](#) and to our guest, [@DrSanetti](#)! [#teacherstress](#)

9:00 PM - Apr 23, 2018



4



See UConn CSCH's other Tweets



Neag School

@UConnNeag



A big THANK YOU to ALL our participants, esp. [@DrSanetti](#) & our co-host 🙌🙌🙌 [@UConnCSCH](#)! You were all fabulous! What a great discussion. Please stay tuned for a wrap-up of the chat in the coming days. [#teacherstress](#)
twitter.com/UConnCSCH/stat...

9:01 PM - Apr 23, 2018



5



See Neag School's other Tweets





Lisa M. H. Sanetti

@DrSanetti



Self-care tips for teachers-so essential to maintaining our education workforce! [#teacherstress](#) [#employee wellbeing](#) [@UConnCSCH](#) eic.rsc.org/feature/self-c...

8:57 AM - Apr 24, 2018



Self-care tips for science teachers

Be happier, healthier and more productive

eic.rsc.org



9



See Lisa M. H. Sanetti's other Tweets



Like

Share