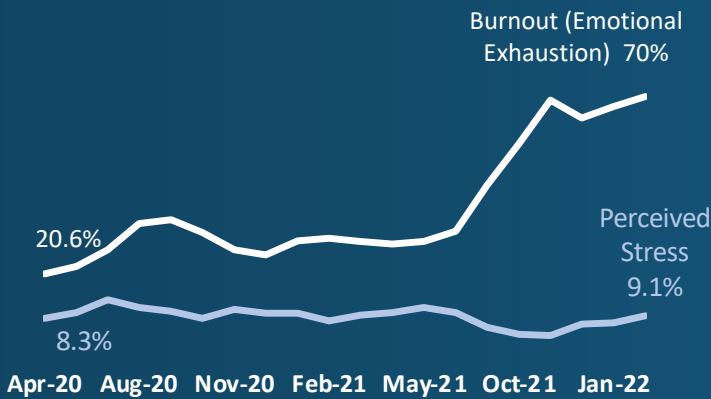


Educator Well-Being Brief

March 2022



Since the start of the pandemic, rates of educators reporting high levels of burnout at work have been on the rise



February 2022

70% Of educators show clinically significant levels of burnout at work

9% Of educators show clinically significant levels of global stress

“Overall, I am feeling **mental and physical exhaustion**. There is an **overhanging feeling of pressure** coming from the school channeled **from parents** (and the greater society) for us to **fix all the problems** of the last 2 years and to do it asap. The pressures to fix so much so fast is **draining teachers**.”

- Educator, Fall 2021

To reduce rates of burnout:

1

Ensure that educators supporting others feel supported themselves

2

Provide time for educators to connect socially and build relationships

3

Encourage discussions about mental health and provide outlets for those needing support

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