

Engage in Self-Care while Teaching Online

As the majority focuses on the impact of the pandemic on learners, educators are also among the most affected by the sudden shift to online or remote learning.

Lessons need to be delivered on a different platform. Teachers need to retool themselves with new technologies and deal with mountainloads of preparation before meeting the students with grace and confidence.

A session for The State of Mindfulness and Teacher Mental Health in Education, centered on the challenges experienced by educators with the new set up. It discussed issues about engagement and disengagement in the classroom, burnout and secondary traumatic stress. The session underscored the importance self-care and a culture or understanding for teachers.

Here are some ways you can protect your mental health while engaging in remote teaching.



Set up a working space

Dedicate a space in your home to prepare lessons and hold classes. This sends you a psychological boundary for your work and personal space.



Set a schedule

Even though there may be times that you would be compelled to do overtime because of the number of assessments you need to grade, make sure that you set boundaries for yourself. Set times on when the students can contact you and when they can expect a response from you for questions and concerns.



Make time for relaxation

Take a break from time to time and do something you enjoy. Read a book. Watch a movie. Enjoy a cup of coffee or order delicious food. Don't forget to reward yourself after all of your hard work. This will give you the drive and energy to perform better.



Communicate

If you're having issues with your online classes like being unable to engage your students in the lesson or having problems adapting to technology, that's part of the learning curve. Don't beat yourself up over it. Instead, reach out to fellow faculty members and communicate with others. You are not alone in this journey and you need only to ask for help. Connecting with others will also help ease your feelings of isolation as you work at home remotely.



Take care of your health

Be compassionate to learners and factor in their different issues but make sure to be compassionate on yourself as well.



Take care of yourself

Exercise and eat healthy food. Remember that your mental health is connected with your physical health.

