



# TEACHER WELL-BEING: A GLOBAL UNDERSTANDING

Report for Education International

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on behalf of Education International  
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# Teacher Well Being

**R Sanford**



## **Teacher Well Being:**

**Teacher Well-Being** Elizabeth Holmes, 2005-01-13 All teachers experience negative stress in the workplace whether it is due to pressures of the job whilst at school or the perpetual need to take work home In this informative book Elizabeth Holmes provides practical advice and solutions to enable teachers to experience less negative stress in their lives and understand the links between the way they function in the classroom and their personal well being Drawing on real life case studies and providing strategies for teachers wanting to be proactive in dealing with their well being stress and career this book outlines all the different components that contribute to physical emotional spiritual and mental well being This includes good stress and bad stress communication enhancing personal well being at school well being and career development Written in a clear and accessible style with plenty of practical examples and advice *Teacher Well Being* is an essential read for all teachers headteachers and school managers whether just entering the profession or experienced practitioners **A**

**Little Guide for Teachers: Teacher Wellbeing and Self-care** Adrian Bethune, Emma Kell, 2020-10-12 Teachers can't teach effectively if they're demotivated and exhausted and they shouldn't have to *A Little Guide for Teachers Teacher Wellbeing and Self Care* explains how wellbeing is essential to effective teaching and gives teachers practical tools to take back control of the classroom The *Little Guide for Teachers* series is little in size but BIG on all the support and inspiration you need to navigate your day to day life as a teacher Authored by experts in the field Easy to dip in and out of Interactive activities encourage you to write into the book and make it your own Fun engaging illustrations throughout Read in an afternoon or take as long as you like with it *Teacher, Take Care* Richelle North Star Scott, Cher Brasok, Monika Cichosz

Rosney, Laura Doney, Dana Fulwiler Volk, Jackie Gagné, Megan Hunter, Kelsey McDonald, Keith Macpherson, Lisa Dumas Neufeld, Sandra Pacheco Melo, Joyce Sunada, 2022-12-09 Teaching can be a highly satisfying profession but it can also be overwhelming Stress management Self care Mental well being Mindfulness These words have become all too familiar but what do they actually mean for you And how can they help without adding to your to do list All teachers have different experiences and different needs Through stories by diverse educators this professional resource invites you to try different wellness strategies explore varying perspectives and consider new ideas of what it means to be well Grounded in servant leadership and a holistic model each chapter connects to Indigenous perspectives of wellness through remarks from Elder Stanley Kipling and Knowledge Keeper Richelle North Star Scott **A Practical Guide to Teacher Wellbeing** Elizabeth

Holmes, 2018-12-10 Teacher wellbeing or a lack of it is a major concern for the teaching profession Research shows that there is a recruitment and retention crisis with over a third of the school FE and HE profession expecting to leave by 2020 This is a practical guide that will help trainee teachers prepare for what is undoubtedly a demanding job It supports new teachers to be aware of themselves and to understand the schools and teaching sector so they better anticipate pressures and find their own way forward With solutions and strategies that can be taken into practice this guide will help new and

early career teachers establish that all important work life balance and avoid burn out *Wellbeing in the Primary Classroom* Adrian Bethune, 2018-09-06 The bestselling guide for teaching wellbeing and positive mental health in primary schools packed with practical ideas for every classroom Evidence has shown that happy people those who experience more positive emotions perform better in school enjoy healthier relationships are generally more successful and even live longer It is an ever growing concern therefore that children s levels of happiness and wellbeing are decreasing while their levels of stress anxiety and depression are increasing As a result many schools and teachers are looking for accessible ways to address these mental health problems in young people In this must read book experienced teacher and advisor on children s wellbeing Adrian Bethune takes the latest evidence and research from the science of happiness and positive psychology and brings them to life *Wellbeing in the Primary Classroom* is packed full of tried and tested activities and techniques including mindfulness positive reflection physical activity and acts of kindness With a foreword by Sir Anthony Seldon former Master of Wellington College well known for introducing and advocating happiness and wellbeing in education it is an essential guide for supporting emotional and mental wellbeing in the primary classroom **Wellbeing in the Primary Classroom** Adrian Bethune, 2023-07-20 Adrian Bethune is an inspiration and this book should be required reading for everyone involved in teaching young children Dr Mark Williamson Director of Action for Happiness actionhappiness This award winning guide for teaching wellbeing and positive mental health in primary schools is packed with practical ideas for every classroom This timely updated edition recognises the need for more guidance in schools following pupils rising levels of stress anxiety and depression due to the pandemic Evidence has shown that happy people those who experience more positive emotions perform better in school enjoy healthier relationships are generally more successful and even live longer Many schools and teachers are looking for accessible ways to address these mental health problems in young people and this revised edition is the essential tool needed to support healthy emotional development in the primary classroom The book includes new chapters on the importance of nature for health behaviour and concentration digital wellbeing and helping children to navigate life online in a healthy way and includes updated statistics and research on mental health and wellbeing of children and teachers In this must read book experienced teacher and advisor on children s wellbeing Adrian Bethune takes the latest evidence and research from the science of happiness and positive psychology and brings them to life *Wellbeing in the Primary Classroom* is packed full of tried and tested activities and techniques including mindfulness positive reflection physical activity and acts of kindness *Teacher Well-Being in English Language Teaching* Luis Javier Pentón Herrera, Gilda Martínez-Alba, Ethan Trinh, 2022-11-11 This edited volume brings the important topic of teacher well being to the fore presenting a range of high quality and cutting edge contributions that illuminate advance and educate readers on the challenges and criticality of achieving teacher well being in English language teaching ELT Taking Sarah Mercer s call for action to make teacher well being a priority in the ELT field and adopting an ecological perspective reflective of the stance

that teacher well being is a societal duty and not a personal responsibility the contributors present theoretically and methodologically innovative research studies from all around the world The term teacher is used to refer to those who deliver English instruction in a variety of formal and informal educational settings and at different levels including K 12 schools adult education higher education teacher education programs and in community organizations Chapters offer clear implications for research and practice and explore effective practices and interventions that can contribute to the improvement of teacher well being overall Addressing a profession which is not only characterized as being filled with high levels of stress but delving into specific challenges around ELT in particular the authors crucially speak to themes around the additional emotional investment and labor which come with being an English language teacher As such it will appeal to academics and researchers in the field of English language teaching including scholar practitioners and teacher educators

Teacher Well-Being in Early Childhood Angela C. Baum, Kerrie L. Schnake, 2024 This comprehensive user friendly book provides a rationale and guidance for integrating teacher well being content into both preservice and inservice professional learning environments It explores the connections between teacher well being equity and social justice and shares examples of well being programs that have been implemented throughout the United States

*International Perspectives on Teacher Well-Being and Diversity* Timothy R. N. Murphy, Patricia Mannix-McNamara, 2021-06-21 This book explores teacher well being in light of the increasingly ethnically diverse profiles of schools and classrooms focusing on socially and linguistically diverse teaching contexts It draws attention to the socio economic disadvantages that can often be characteristic of ethnically diverse classrooms prior to examining and reviewing the interconnections between teacher well being and the implementation of pedagogical processes in the classroom teaching and learning context Teachers and academics alike report on and address the well being related needs of practising teachers This book contributes to the emerging field of literature on teacher well being and offers international perspectives on lessons learnt in socially diverse and multilingual teaching contexts Accordingly it offers a valuable resource for teacher educators researchers pre service and in service teachers and policymakers

*Decoding Teacher Well-being in Rural China* Yipeng Tang, 2024-11-22 This book primarily investigates the factors influencing rural teacher well being in China By jointly using international comparable data from Teaching and Learning International Survey TALIS as well as China s survey data from 29 counties of ten provinces in the mainland this book not only illustrates the current status and influencing factors of rural teacher well being in 43 education systems from a global perspective but also examines the urban rural gaps on teacher well being in China as well as the explanatory factors in the dimensions of individual school and community Moreover this book employs the most recent methods developed in well being literature such as LASSO random forests and SVM to enhance the data analysis The book is valuable for international readers concerned about rural education and rural teachers in China Researchers who focus on the frontier of well being research will also benefit from the quantitative applications in this book

*Teacher Well-Being and*

*Intentions to Leave* Sy Doan, 2023 The well being and mental health of kindergarten through grade 12 K 12 public school teachers has been a topic of national concern during the coronavirus disease 2019 COVID 19 pandemic In 2021 and 2022 teachers were twice as likely to report experiencing frequent job related stress and difficulty coping with their job related stress than the general population of working adults Restoring teacher well being could improve job performance and job satisfaction and boost retention for teachers of all backgrounds Recent media reports suggest that many districts and schools across the country are implementing new programs or expanding existing offerings intended to reduce teacher stress and burnout and promote well being and retention This Data Note presents selected findings from the 2023 State of the American Teacher survey related to teacher well being the availability of mental health and well being supports and teachers intentions to leave their current teaching jobs The findings in this Data Note are descriptive and intended to inform federal state and local education leaders and policymakers about the state of the teacher workforce Everyday Self-Care for Educators Carla Tantillo Philibert, Christopher Soto, Lara Veon, 2019-07-25 If you re an educator experiencing burnout compassion fatigue or vicarious trauma this book will help you embrace tangible self care practices to improve your well being both in and out of the classroom Using the framework of the window of capacity the zone of the nervous system arousal in which a person is able to function most effectively the authors illustrate not only the why of self care but also the how Chapters explore how stress at school impacts personal life the way teacher self care benefits students and ways in which schools can implement and support well being The book includes a variety of tips and interactive activities to help you identify your own needs and implement helpful practices You ll leave with a toolbox of information and simple practices to effectively advocate for your well being in educational spaces and beyond Supporting Teacher Wellbeing Suzanne Allies, 2020-10-26 All teachers are in the unique position of influencing the future happiness and success of the next generation therefore it is crucial that the wellbeing of teachers is not overlooked This proactive guide will empower school staff it will enlighten and equip them with essential knowledge about wellbeing and remind them to never neglect their own health It encourages a proactive approach to holistic wellbeing and deals with a serious topic in a humorous and lighthearted way Structured as an easy to read guide the chapters offer hands on tips on how and why to support teacher wellbeing and advice on how to manage the increasing demands of planning assessment and marking What s more it emphasises the importance of sustaining a work life balance using mindfulness to relax and gain perspective healthy eating incorporating exercise into your schedule and maintaining a sense of calm in the classroom This book Includes personal stories that encompass the real experiences of early career teachers experienced teachers senior leaders and trainee teachers Delves into important topics such as stress burnout work life balance anxiety and controlling the mind Highlights how to increase self esteem confidence and eradicate perfectionism at work Suggests practical strategies related to workload reduction peer support and a variety of self care techniques Written by a Primary Education lecturer with over 20 years of experience teaching in primary schools

this book is an essential resource for trainee teachers early career teachers experienced teachers and school leaders alike

**Well-being in Organizations** Eveline Wuttke, Bernhard Schmitz, Wai Kai Hou, 2022-11-07      **OECD Review of Well-being Policies and Practices in Dubai's Private School Sector** OECD, 2021-12-15 In recent years the Emirate of Dubai has been placing a stronger emphasis on people's well being with the aim of making Dubai an inclusive and cohesive society that is the preferred place to live work and visit and a pivotal hub in the global economy Within the education sector KHDA and private schools have introduced a number of initiatives to help raise awareness measure and support students and staff's well being      **Opening the CAGE: A Framework for Teacher Wellbeing** Adam Gillett, 2025-09-01 Opening the CAGE invites you to embark on a transformative journey within the world of education unveiling a powerful framework to nurture the wellbeing of staff that will not only retain valuable educators but create positive learning environments ensure academic success and address student needs The CAGE framework representing Communication Appreciation Growth and Development and Empathy and Support offers a fresh holistic perspective on addressing the often overlooked needs of teachers encapsulating the key components of wellbeing Through compelling real world examples research based insights and practical strategies the book explores the profound impact of teacher wellbeing on the quality of education before drawing inspiration from best practices in different sectors from sport to business to provide a roadmap for creating a more positive and productive educational environment Whether you are a member of staff in a school seeking to reignite your passion for teaching a school leader aiming to enhance staff morale or a policymaker dedicated to improving educational outcomes this book empowers you with the tools to prioritise and foster teacher wellbeing      **Well-Being Across the Globe**, 2024-05-29 A global multidimensional concept well being is an important measure that is closely associated with quality of life This book examines well being concepts and measurements related health theories and correlates of well being as well as gender and geographical differences The authors explore the evidence on well being policies programs and health interventions in addition to issues of health advocacy self care and healthy aging They also examine global wellness perspectives in the context of planetary challenges and decolonization As the authors share their unique perspectives they bring to the fore the integration of cross cutting themes of gender human rights social and environmental justice equity and inclusivity health promotion settings and healthy public policy This book explores the diversity of philosophical and methodological perspectives on wellness and well being It further contextualizes the lived experience of the dimensions of well being as experienced by the contributors across different regions of the globe      *Highlights in Educational Psychology: Teacher-student Relationship* Claudio Longobardi, Alberto Crescentini, Elisabetta Sagone, 2024-12-16 We are pleased to introduce the collection *Frontiers in Psychology Highlights in Educational Psychology Teacher student Relationship* This collection will welcome and showcase a selection of articles about this timely topic authored by leaders in the field The work presented here highlights the broad diversity of research performed across education and aims to put a spotlight on the main

areas of interest      **TALIS Positive, High-achieving Students? What Schools and Teachers Can Do** OECD,2021-02-02  
The work of teachers matters in many different ways Not only do they provide students with the knowledge and skills needed to thrive in the labour market but they also help develop the social emotional skills that are vital for students personal development and for their active citizenship      **Handbook of Research on Innovative Approaches to Early Childhood Development and School Readiness** Betts, Anastasia Lynn,Thai, Khanh-Phuong,2022-02-11 School readiness is as much about schools recognizing the existing capabilities and knowledge each child has when they enter school as it is about supporting children and families in their preparation for entering formal learning environments Effective approaches that address learning variability must take these differences into account recognizing and leveraging opportunities inherent in the child s ecosystem of resources The Handbook of Research on Innovative Approaches to Early Childhood Development and School Readiness assembles the most current research and thought leadership on the ways in which innovative education stakeholders are working together to impact the most critical years in a child s life the years leading up to and including kindergarten Covering topics such as change agency experience quality and social emotional development this book is a crucial resource for educational researchers child development professionals school administrators pre K teachers pre service teachers program managers policymakers non profit service organizations early childhood EdTech developers curriculum developers and academicians



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