



THE EDUCATOR'S ROOM  
LEARNING ACADEMY

"CREATING SOLUTIONS TO  
PROBLEMS ALL TEACHERS HAVE"



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### Reflection Does a Mind Good




Directions: In order to do this activity, you should have already read chapter 1 of Keep the Fire Burning: Avoiding Teacher Burnout. This activity is designed to give you the time to quietly reflect on your time as an educator.

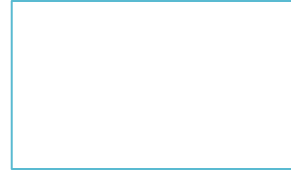
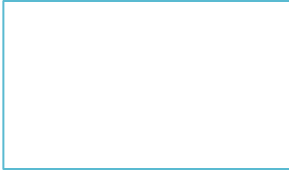
1. Next to parenting, teaching is one of the hardest jobs on the planet thus when you are feeling “burned out” the effects can be mentally and physically debilitating. Take 5 minutes and quietly reflect on your teaching career. Now using only one word explanations, what keywords do you associate with your career? Circle the words you deem as positive and underline the words that you see as negative.

2. Since you’ve reflected on your career, take a moment and take all of your positive words, and identify what made those words positive for you. It could be an experience tied to a student, a co-worker, a school, etc. Just be sure to tell us why that experience is deemed positive for you.

3. Since you've reflected on what you deem as positive, take a moment and write down all your negative words, and identify what made those words negative for you. Remember it's about examining "root causes" of word associations.

4. A crucial part of this program is identifying what you can control in the classroom and part of doing that is realizing your power as a teacher. For each one of your negative words, identify one strategy you can use to "overcome" your problem. Research various strategies on our [Pinterest board](#) for avoiding burnout and identify 4 that can help you immediately.



5. After examining the good and bad associated with teaching, we want you to brainstorm 3-4 affirmations that will help focus your mind when the time gets tough. These affirmations should not only be able to be vocalized, but they need to be visible throughout your workspace and/or home. For example, here are some examples of affirmations:

1. My self-care is important for me.
2. My job is not my life.

