Full Plate

“a schedule or workload that is filled to capacity with obligations, tasks, or problems.”

What’s on your plate? How high is it stacked?
In education, many departments and programs are vying for your time, each claiming their issue is the most important, most vital.
Just a few of the initiatives in education today

A few initiatives at our schools:
- PBIS
- RtI
- UDL
- ACP
- MHFA
- Sbrt
- SEL
- TSS
- ESY
- BIP
- LLI
- SLO
- PPG
- EE
- SPO
- AODA
- BAB
- Testing
- ACT
- WorkKeys
- Forward
- DLM
- NAAP
- Aspire
- ASVAB
- PSAT
- SAT
- AP
- SMI
- SRI
- SRI
- PALS
- WIDA

About ED / Initiatives
ED Initiatives
- Initiatives and priorities of the President and Federal Departments
- Back-to-School Bus Tour
- Civic Learning
- Digital Government Strategy
- Early Learning
- ED Data Express
- Education Dashboard
- Elementary and Secondary Education
- Green Strides
- Homeless Students
- Investing in Innovation
- Labor-Management Collaboration
- Let's Move
- Let's Read, Let's Move
- Military Families and Veterans
- Open Government
- Promise Neighborhoods
- Promoting Readiness of Minors in Supplemental Security Income (PROMISE)
- Race to the Top Fund
- Race to the Top Assessment and Accountability
- Rural Education
- School Improvement Grants
- Student Art Exhibit Program
- White House Initiatives

An Example of a Typical School
46% of teachers report high daily stress during the year. 

We know the statistic concerning stress and the profession…

… but how is it affecting you?
Are work demands affecting your ability to:

• live
• work
• carry on satisfying relationships

Yes? Then work demands could be affecting your mental health.
Step 1:
In the center of the plate, write down your job title, then list your core responsibilities, those things that were listed in the job description. Draw a box around this.
Step 2:
With the same marker, go to the outer ring and write your outside of school time demands and concerns (family, activities, health, finances, drive to work, outside job, etc.). Things that take your energy and time.
Step 3:

With a different marker on the rest of the plate, write other school related responsibilities—things that are assigned, you're expected to do, or that you've created or volunteered to do. Try not to write into the outer ring unless you have to.
Step 4:

Look at your plate. Circle the 3 school additional responsibilities most important to you right now-- those things you feel are the most significant to you as an educator. They may vary from year to year, but what are the most important to you this year.
Eustress

Helps you grow & remain healthy, gives feeling of fulfillment

Characteristics of eustress:

• Motivates
• Usually short term
• Perceived as being within our coping ability
• Feels exciting
• Improves performance
Step 6:

With the lightest marker, put an “X” on 3 things that drain you—tasks and expectations that consume energy and time without giving much in return. In economics, these could be referred to as *The Law of Diminishing Returns.*
Consider your plate...

Are you comfortable with your work-life balance?

Are work expectations crowding into family and personal life? What effect is it having?
Consider your plate…

How much control of your “plate” do you feel you have?

Would strategic abandonment help? What would you take off your plate?
National and state data point to an increase in expectations placed on educators.
Based on teacher expectations in 2007 and 2017 at a small rural district.

It's not your imagination!
Consider your plate…

How does your stress level compare with others in the profession?

Follow this link and take a 3 minute quiz.

goo.gl/5Ddqxx
We could wait for “Someone” in education to remove stressors...

... or take control of the things we can change.
Learn to set boundaries at work
2. Know your stress level
Know when you're having a stress response
Know when to take a break
Know how to take a break
Give your brain a break!

Taking a 5 minute break can actually help your brain to retain more information!
• Mindfulness

Gives brain a break, moves from reactive to a considered response.

The Science:
• Strengthens connection to reasoning in the brain
• Loosens connections from fear center in the brain, becoming less reactionary

The Benefits:
• Calmer, relaxed, in control
• Less anxiety, more creativity, better memory
• Better sleep
• Health- less pain, better immunity

Stress Management, Mayo Clinic
• **Exercise** ...*meditation in motion.*
  “Exercise in almost any form can act as a stress reliever.”
  Stress Management, Mayo Clinic

• **Any activity that breaks the stress-producing process**
  Even 10 minutes “personal time” will refresh your mental outlook... a walk, chat with a co-worker about non-job topics, listen to music, laugh, sit quietly with your eyes closed.
  **Important**—find what works for you.
  American Psychiatric Association
Advocate for

Less is more

Respect as a professional

Bring sanity back to the education profession
Only Dr. Seuss could make this work and do it with a smile.

Taking care of our own mental health isn’t selfish, it has to be a priority.
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