

SELF-AWARENESS AND SELF-REGULATION

When a person is in a state of stress for an exaggerated and prolonged period of time, their bodies are impacted and so is their ability to think clearly and regulate themselves. Indicators of distress are unique to each individual. If you notice any of the following distress indicators in yourself or the professionals at your school, they may be experiencing more demands than resources. These distress indicators are signs of impending burnout.

SOME DISTRESS INDICATORS

Distress reactions are normal. They are common for many helping professionals, including educators. Vulnerability to distress indicators increases when professionals work with children, and when they

Emotional Distress Indicators

- Anger
- Sadness
- Depression
- Anxiety
- Prolonged grief

Personal Distress Indicators

- Isolation
- Cynicism
- Perfectionism
- Mood swings
- Irritability

Physical Distress Indicators

- Headaches
- Stomachaches
- Fatigue
- Sleep problems
- Over/under eating

Work Distress Indicators

- Avoidance (of tasks, peers, students)
- Missed appointments
- Not returning phone calls, emails
- Tardiness, absenteeism
- Lack of motivation

ACTIVITY:

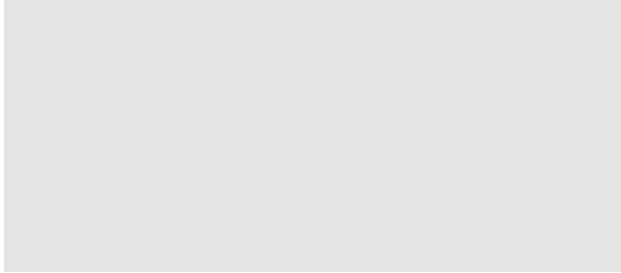
DISTRESS INDICATORS

Distress Indicators

Steps to Alleviate Your Distress

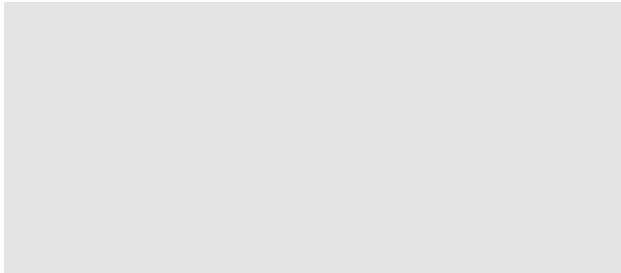
What are your emotional distress indicators?

How can you alleviate your emotional distress?



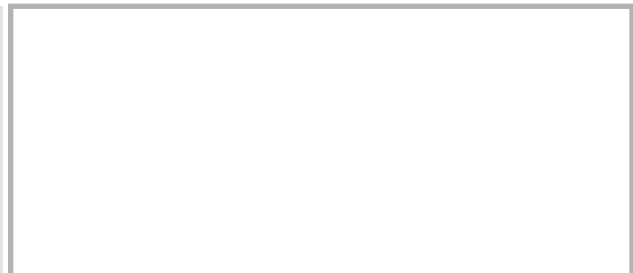
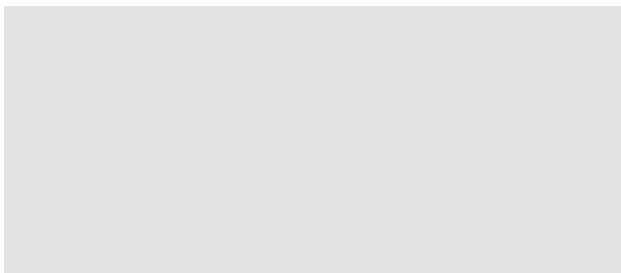
What are your personal distress indicators?

How can you alleviate your personal distress?



What are your physical distress indicators?

How can you alleviate your physical distress?



What are your work distress indicators?

How can you alleviate your work distress?

