

Real Stories And Honest Advice To Keep Teachers From Crying Under Their Desks

Teaching is a rewarding profession, but it can also be incredibly stressful. The long hours, the constant demands, and the challenging students can all take a toll on even the most dedicated teachers.



Love, Teach: Real Stories and Honest Advice to Keep Teachers from Crying Under Their Desks by Kelly Treleaven

★★★★☆ 4.8 out of 5

Language : English
File size : 5490 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 111 pages



If you're feeling overwhelmed, stressed, or burnt out, you're not alone. In fact, a recent study found that over half of all teachers experience symptoms of burnout.

But there is hope! There are things you can do to prevent burnout and keep your head above water. Here are some real stories and honest advice from teachers who have been there.

Real Stories

Teacher 1: "I used to cry in my car on the way to work every day. I was so overwhelmed and stressed out. I felt like I was failing my students and that I wasn't good enough.

Teacher 2: "I had a student who was so disruptive that I couldn't teach my lesson. I felt like I was losing control of my classroom and that I was a failure.

Teacher 3: "I was working 12-hour days, grading papers until midnight. I was so exhausted that I couldn't even enjoy my weekends.

Honest Advice

Teacher 1: "I learned that I needed to set boundaries. I started saying no to extra work and I made sure to take time for myself each day.

Teacher 2: "I realized that I needed to get help. I talked to my principal and I started seeing a therapist. They helped me to develop strategies for dealing with difficult students.

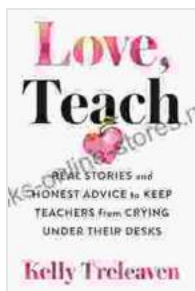
Teacher 3: "I learned that I needed to take care of myself. I started eating healthy, exercising, and getting enough sleep. I also made sure to take breaks throughout the day.

Teaching is a challenging profession, but it is also one of the most rewarding. If you're feeling overwhelmed, stressed, or burnt out, please know that you're not alone. There are things you can do to prevent burnout and keep your head above water.

Remember, you are not alone. There are other teachers who have been through what you're going through. And there are people who can help you.

If you're struggling, please reach out for help. Talk to your principal, your colleagues, or a therapist. There is no shame in asking for help. In fact, it is a sign of strength.

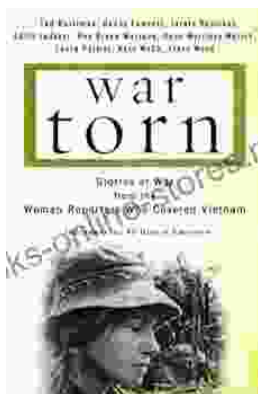
You are a valuable member of your school community. You are making a difference in the lives of your students. And you deserve to be happy and healthy.



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