

RESOURCES

Fostering Healthy, Resilient Schools to Address Chronic Stress

www.oechoice.com/wp-content/uploads/2016/10/Fostering-Healthy-Resilient-Schools-to-Address-Chronic-Stress-2016-FINAL.pdf

Fostering School Employee Health, Well-being and Resilience: A Framework of Proven Strategies and Best Practices

www.oechoice.com/wp-content/uploads/2017/10/Framework-of-Proven-Strategies-and-Best-Practices.pdf

Blueprint for School Employee Wellness

www.oechoice.com/wp-content/uploads/2016/10/Fostering-Healthy-Resilient-Schools-to-Address-Chronic-Stress-2016-FINAL.pdf

School Employee Health, Well-being & Resilience Model

www.oechoice.com/wp-content/uploads/2017/10/School-Employee-Health-Well-being-Resilience-Model-Handout.pdf

Teacher Stress and Health: Effects on Teachers, Students, and Schools

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SCHOOL EMPLOYEE HEALTH AND WELL-BEING A Critical Need



41%
of first-year Oregon teachers
quit teaching within 5 years

58%
of teachers and school staff
said their **mental health** “was
not good” seven or more days
in the past 30 days

61%
of educators and school
staff “**always**” or “**often**”
find their work stressful

1 in 4
teachers **miss 10 or
more school days**

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*Inspiring schools to create
healthy workplaces for all staff*

Your education workforce today

Education is an emotionally, physically, and intellectually challenging profession, and educators are experiencing unprecedented levels of stress. Ever-changing and under-resourced workplace conditions are creating chronic stress, secondary trauma, lower job satisfaction, and poor morale among administrators, teachers, assistants, bus drivers, nutrition services, and others.

But there is hope—and a way forward. It’s called employee well-being, and it’s the cornerstone of healthy, thriving, and nurturing school communities where all educators are supported and fully engaged and where students are learning at their highest levels every day.

And there's hope ... create a culture of school employee health and well-being

A sustained workplace culture of health and well-being results in a high-quality, engaged, and stable workforce

YOUR ROLE

1

MAKE IT A PRIORITY
and don't do it alone

2

GAIN ACTIVE ENGAGEMENT
and commitment from leadership and staff

3

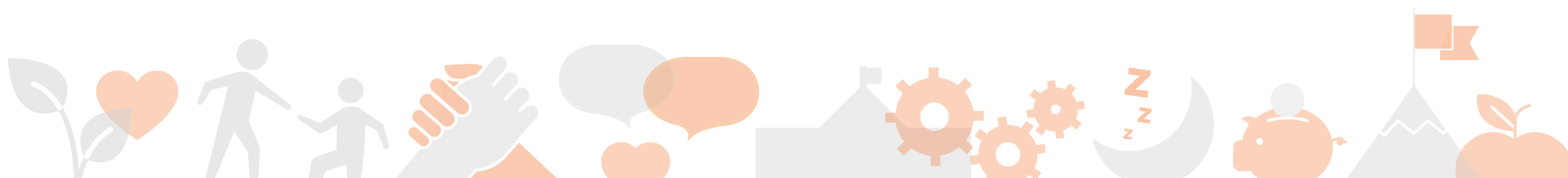
IDENTIFY CHAMPIONS
across your organization

4

CREATE A PLAN
that is locally driven and tailored to your unique needs

5

PUT YOUR PLAN INTO ACTION



Strategies that address chronic stress in education

Leaders and staff create workplace cultures that prioritize and foster employee health, well-being, and resilience.



Workplace wellness programs



Social emotional learning programs



Mindfulness/stress management programs



Mentoring and induction