



How to Work on Your Emotional Labour as an Educator



#1 Know you are not alone

Discuss your issues, explain your situation, and ask for guidance from your mentor or another colleague. Pay attention to how others deal with situations and implement those strategies into your own.

#2 Stay consistent

Consistency really can be a valuable tool for emotional labour. It can reinforce to students, parents, and administration that personal feelings aren't in control, the rules are.

#3 Be proactive

Develop coping strategies in advance of stressful situations. Eliminate emotional, unhelpful, spur-of-the-moment reactions by having a plan.

#4 Focus on the positive and try to let the negative go

Find a way to break those negative thoughts and feelings when you are at home. Create a work-life buffer that signals your mind and body to let school stresses go and focus on your home life.

#5 Make a time map

Map out your school day taking note of the moments when you feel the most stressed and take a moment to assess what the cause of the emotional stress may be and then implement coping strategies into your schedule for those times.

