

Helpful Tips to Reduce Stress When Teaching Remotely

As a result of the COVID-19 pandemic, many educators are now working remotely and having to find ways to adjust to this new normal. While learning new skills, educators have experienced stressful moments as many new challenges present. Let's step back and gain some perspective on how we can manage this new opportunity successfully, while keeping our well-being in mind.

1. Be patient and kind. Everyone is stressed right now.

- Online instruction is no easy task.
- You and your students are learning new tools and adjusting to unexpected situations.
- Manage our time and energy to prevent burnout.

2. Set boundaries for communication.

- Let students and parents know how they can contact you and have set hours of availability, through a platform or via email.
- Turn off notifications after your set hours. You need time for yourself. If not, you can end up online the entire day and evening.
- Let your students and parents know you will respond to them in a specific timeframe.
- Help set parent expectations about when they can expect a reply from you. Establish office hours.

3. Utilize supplemental material to improve learning outcomes and competencies.

- Reduce the pressure to do it all yourself in such a short time.
- Keep your videos short and have fun with this.
- Show off your creative side.
- Do not forget to laugh and give students opportunities to laugh with you.

4. Give yourself a break. Do not be so hard on yourself.

- Take care of yourself.
- Switch off Work and switch on Not Disturb to help pause notifications and allow you to use your device without interruptions.
- Rest your mind, and take a mental break.
- A good night's rest is important.

5. Celebrate small wins to achieve big goals.

- If you are able to learn something from it, nothing is a failure.
- Reward yourself by achieving small goals.
- When things become difficult, create a plan to navigate forward.

We're in this together, and we will get through this!