

Teachers & Families: Coping with Back-to-School Stress

Presented by Mental Health America, Sutter Health, and the Mental Health Coalition



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Key Takeaways

- Teachers across the country are feeling anxious, overwhelmed, and stressed. The number one emotion they hope to feel more often is appreciated. School districts and workplaces must provide teachers with the resources and support to care for themselves.
- There is a lot of pressure on teachers to be constantly excited, positive, or upbeat, but it's beneficial to admit to your students when you're struggling. Not acknowledging the discomfort that many are feeling at this time is confusing to young kids. Modeling transparency in age-appropriate ways often leads to real and honest conversations about emotions and how we can manage them.
- Disappointment is top of mind for students this year - after a glimmer of hope this summer that life would soon return to how it was before the pandemic, many kids are going back to school with masks and safety regulations. A lot of fun rituals like Meet the Teacher Night have gone virtual - students are dealing with more anxiety and uncertainty than in prior years, while also missing out on a lot of the excitement associated with this time of year.
- Families can support their student(s) by modeling healthy behaviors and emotion regulation. If you are asking a child to focus and be present, make sure that you're engaged in their life and aren't spending your time with them distracted.

Additional Resources

- Online Mental Health Screening (MHA)** - www.mhascreening.org
- Back to School Toolkits (MHA)** - www.mhanational.org/back-school
- Back to School Roadmap (MHC)** - www.thementalhealthcoalition.org/backtoschool
- Roadmap to Self-Care (MHC)** - www.thementalhealthcoalition.org/selfcareroadmap
- Resource Library (MHC)** - www.thementalhealthcoalition.org/resources
- Managing Emotions in Times of Uncertainty & Stress** (for educators) - www.coursera.org/learn/managing-emotions-uncertainty-stress



Watch the recording at mhanational.org/webinars.