

BPT3



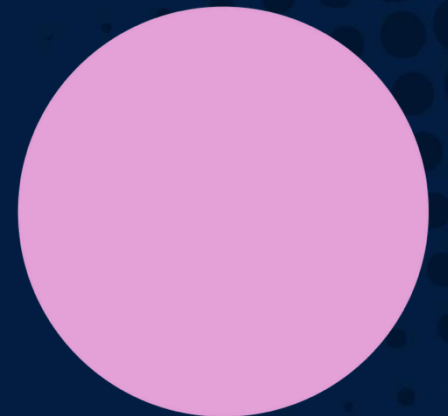
How's Your Emotional Hygiene?

Rethinking Educator Well-Being and School Culture

**Director of Educational Resources
Eastland-Fairfield Career & Tech**



**What are some factors
that negatively impact
your mental health?**



Mental health or Emotional Hygiene is a state of well-being in which an individual:

- **Realizes his or her own abilities.**
- **Can cope with the normal stresses of life.**
- **Can work productively.**
- **Can contribute to his or her community.**

—World Health Organization

Over 100 years ago, people started practicing **personal hygiene** and life expectancy rose by **50%**.

This Matters...

55%

Reported job-related stress at higher levels than the general workforce.

19%

Considered leaving the profession in the 2025-26 school year, with stress and workload being significant factors.

15%

Difficulty coping with job related stress.

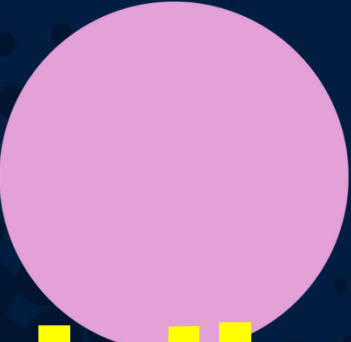
57%

Experience burnout and feelings of depression.

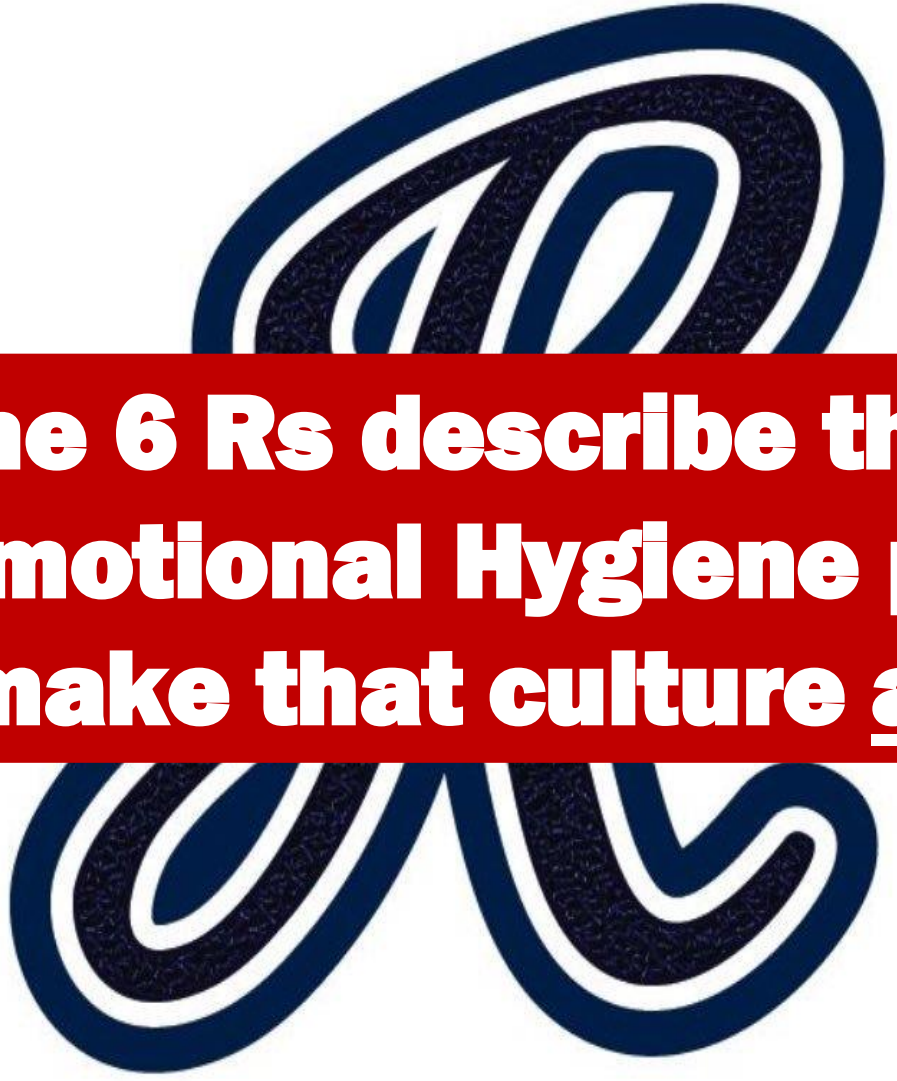
[RAND Corporation](#)

Most of us brush our teeth every day without waiting for a cavity.

**Why do we often wait for
burnout, conflict, frustration, or
exhaustion before taking care of
our emotional health?**



Positive **relationships with
students and colleagues are
cited as protective factors
against burnout.**



RESPECT
RECOGNIZE

The 6 Rs describe the culture we want to create. Emotional Hygiene practices are the habits that make that culture attainable and sustainable.

+ RELATIONSHIPS
RESULTS



Emotional Hygiene Strategies

Practice Gratitude

A glass jar filled with several lit sparklers, creating a burst of light and sparks. The background is dark with bokeh light effects in blue and yellow.

Gratitude trains our brains to notice what is working instead of focusing only on problems.



**Who is someone here in your
school that deserves more
appreciation?**





Staffulty Snack Carts

Quarterly Pancake Breakfast

**Quarterly Grilled Cheese
Lunch**

Staffulty Appreciation Week



Recognition

- ❑ **Notice Strengths**
- ❑ **Celebrate Effort**
- ❑ **Appreciate Contributions**
- ❑ **Create a Culture of Value**

SCHOOL PRIDE

MON
DAYS

Gratitude Makes **Recognition**
Authentic.



A low-angle, close-up shot of a person's legs and feet as they run on a light-colored track. The person is wearing blue athletic shoes with white soles. The background is heavily blurred with horizontal streaks of yellow, orange, and blue, suggesting high speed and bright sunlight. Two semi-transparent blue rectangular boxes are overlaid on the image, one containing the title 'Physical Activity' and the other containing the list of neurotransmitters.

Physical Activity

Endorphins, Serotonin, and Dopamine



**How does your mood
change on days when you
are physically active?**





After School Walking Groups

Fitness Challenges

Pickleball Groups

Golf Groups





Results!

- ❑ **More Energy**
- ❑ **Better Focus**
- ❑ **Greater Resilience**
- ❑ **Improved Performance**

SCHOOL PRIDE

MON
DAYS



**Movement Increases Our Capacity to
Achieve Positive **RESULTS**.**

Journaling

A woman with blonde hair in a braid, wearing a light blue button-down shirt over a black and white striped top, is sitting at a wooden table. She is holding a yellow and black pencil and writing in a blue notebook. In the background, there is a green cup on a saucer and a white mug. The scene is softly lit, suggesting a calm, indoor environment.

Helps your brain process emotions and experiences, organize thoughts, and learn from them.



**What have you learned
recently that you don't
want to forget?**



IE



**THINK
ABOUT IT
TUESDAY**



**CURRICULUM
CONVERSATIONS
AND CONNECTIONS**



Reinforce!

- ❑ **Clarifies Learning**
- ❑ **Strengthens Habits**
- ❑ **Builds Self-Awareness**
- ❑ **Supports Growth**

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DAYS



What We Reflect On, We **Reinforce.**



Create



**Creating Activates Curiosity, Joy,
Innovation, and Problem-Solving.**

**What is something you enjoy creating
that helps you feel energized?**





Join the Fun!





MONTHLY SCHOOL CULTURE CHALLENGES



ANNOUNCING THE 2027 SCHOOL CULTURE CHALLENGES

SCHOOLS WILL BE ABLE TO ENTER THE FOLLOWING CULTURE CHALLENGES STARTING AUGUST 1, 2026



BACK TO SCHOOL: WELCOMING ACTIVITIES

The [first day and week of school](#) are an opportunity to make a strong, positive first impression! Seize the chance to help everyone feel supported, appreciated and excited to be back in the building with one another by making this time of year memorable.



OCTOBER: HIGH-FIVE FRIDAYS

Greet students with [high-fives](#) as they enter the school building in the morning or between classes. A single school leader can give all the high fives, but is even more fun if a group of people participate. Consider playing music to amp up the vibe!



NOVEMBER: DAILY DIFFERENCE MAKERS

Watch [this video](#) on gratitude then choose a group of "Daily Difference Makers" on your campus to write and deliver gratitude notes to during the month of November.



DECEMBER: STARFISH MAIL

Teaching is like a child tossing starfish back in the ocean, making a difference for one individual at a time. Watch [this video](#) during a school staff meeting and give gifts or notes to recognize the difference they make every day.



JANUARY: "A" DAY

Start a tradition where students receive a reward in every class where they've earned an A letter grade. Repeat this celebration at the end of every semester to build anticipation and drive students to work harder for a reward.



FEBRUARY: DINO HUNT

Reinforce a culture of joy by hosting a scavenger hunt where Staffuly search for designated trinkets, such as mini dinosaurs, around campus. Sometimes, it's just good to have some frivolous fun!



MARCH: POWER CARDS

When students meet specific criteria, teachers fill out a double-duty **Power Card**: each card not only submit the student into a prize drawing but also enters the teacher into a drawing of their own.



APRIL: KINDNESS PINWHEELS

For each random act of kindness, **place a pinwheel in a designated place**, like the front lawn of school. Each pinwheel inspires another act of kindness in a different person, quickly growing growing your garden into an impressive display.



END OF YEAR: CELEBRATIONS

Cap off the school year with whole-school traditions that do more than celebrate advancing students; they build relationships. These traditions can be used to reinforce your school's values, encourage academic achievement and celebrate strong character, too!



Reward!

- ❑ **Increases Engagement**
- ❑ **Creates Joy**
- ❑ **Makes Learning Meaningful**
- ❑ **Celebrates Growth**

SCHOOL PRIDE

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**Creativity Helps Us Experience Learning
and Work as **Rewarding.****

A close-up photograph of a man with dark skin and a mustache, sleeping peacefully on a bright yellow couch. His eyes are closed, and his arms are stretched behind his head. He is wearing a light-colored, possibly white, t-shirt. The background is a soft-focus view of the yellow couch cushions.

Sleep

An emotional reset and cognitive tune-up

**What is one thing that regularly
interferes with your ability to rest?**



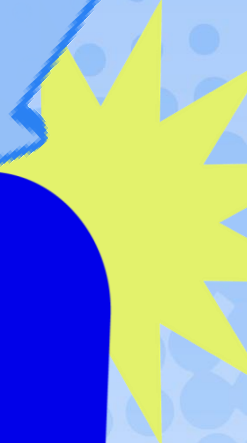
Respect!

- ❑ **Better Emotional Regulation**
- ❑ **More Patience**
- ❑ **Greater Empathy**
- ❑ **Healthier Interactions**

SCHOOL PRIDE

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DAYS

When We Honor Our Need for Rest, We
Show **Respect** for Ourselves and Others.





Do Good for Others

85%

Staff-Leadership Relationships

What are the most positive aspects of working at your school? ?

education great staff support growth autonomy
teacher freedom students job kind professionals
department fcc
culture relationships eastland admin student
resources staff building
values colleagues environment
communication positive interactions



Thriving Educator

Improve Mental Health in Your School



with *Charles Peck*

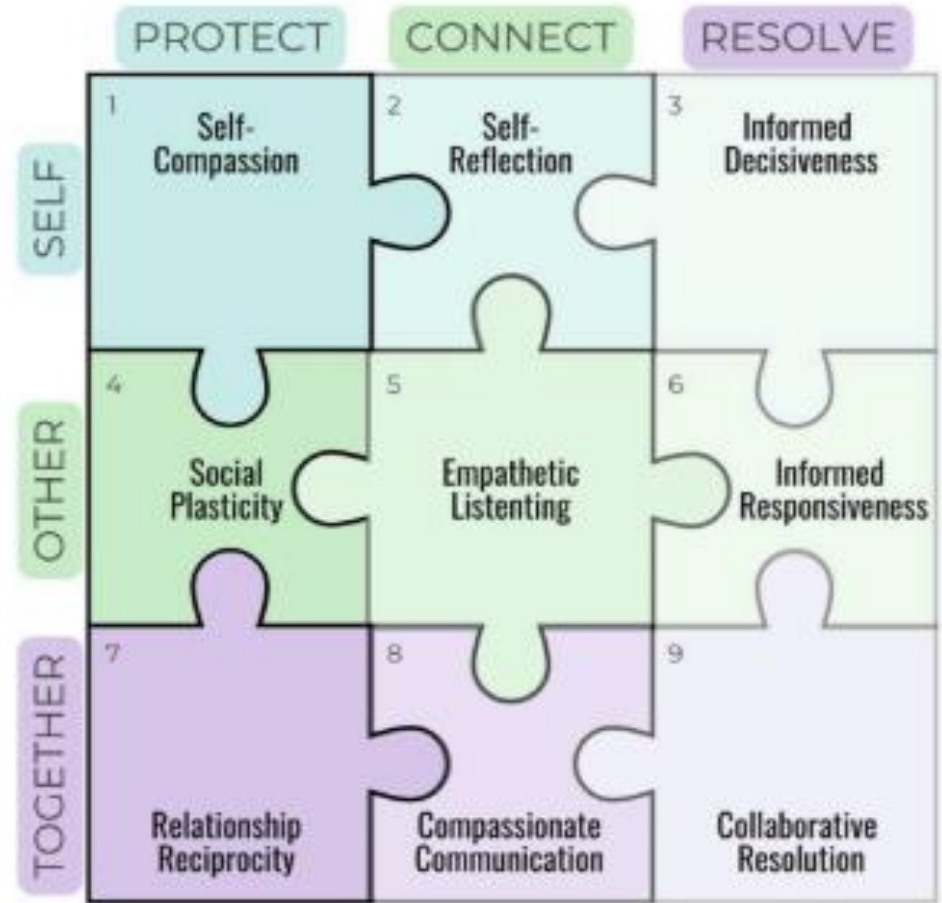


Illustration by Cameron Caswell, TSC

<https://www.thrivingeducator.org/>





Relationships!

- ❑ Builds trust
- ❑ Creates belonging
- ❑ Strengthens community
- ❑ Deepens connection



**Who is someone here or on your
team that could benefit from a
small act of kindness this week?**



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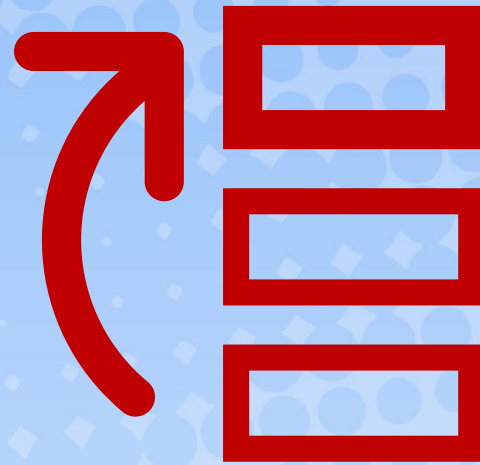
Relationships grow through intentional
acts of service and kindness.



Maintain Healthy Boundaries



Boundaries Protect Our:





**What is one boundary that would
improve your well-being if you
consistently honored it?**





Respect!

- ❑ **Self-Respect**
- ❑ **Respect for Others' Time and Energy**
- ❑ **Reduced Burnout**
- ❑ **Clearer Expectations**

SCHOOL PRIDE

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Heathy Boundaries Are an Act of **Respect,
Not Selfishness.**

Reduce SM usage



How do you typically feel after spending 30 minutes scrolling social media?

BREAKING THE PHONE HABIT



Tips to Reduce Smartphone Overuse
& Improve Well-Being



Acknowledge & Track Usage

Notice how much time you spend on your phone

Set Clear Boundaries & "No-Phone Zones"

Define times and places where phones are off-limits



Turn Off Non-Essential Notifications

Mute notifications to reduce the urge to check your phone



Delay Access / Add Friction

Make your phone less accessible to break automatic habits



Replace Screen Time with Real-Life Activities



Engage in offline hobbies, exercise, or social activities

Practice Mindfulness & Self-Regulation

Pause and ask yourself why you're reaching for your phone



Declutter Your Phone

Remove time-sucking apps or move them off your home screen

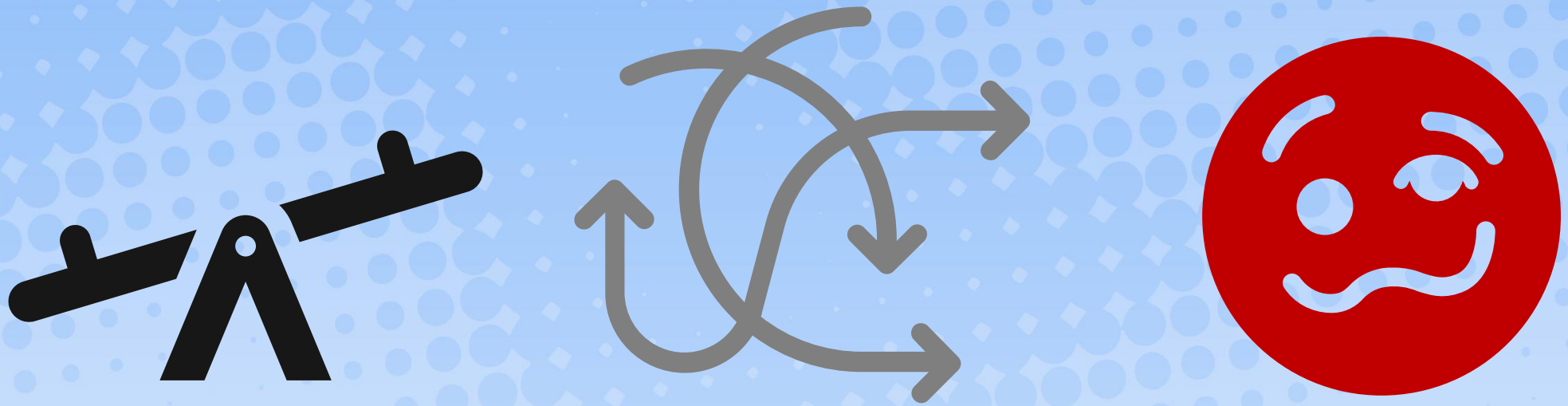


Use Tools or "Digital Diets"

Use screen-time apps or set up down-time



Limiting SM Reduces:





**What would you gain if you
reduced your social media use
by 15 minutes per day?**





Recognition!

- ❑ **Focus on Real Accomplishments**
- ❑ **Appreciate Real People**
- ❑ **Reduce Comparison**
- ❑ **Increase Presence**

SCHOOL PRIDE

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DAYS



The Less We Compare Ourselves to Others,
the Easier it Becomes to **Recognize**,
Appreciate Ourselves and Those Around Us.

Practice Gratitude
Physical Activity
Journaling
Create
Sleep
Do Good for Others
Maintain Healthy
Boundaries
Reduce SM Usage

RESPECT
RECOGNIZE
REWARD
REINFORCE
+ RELATIONSHIPS

RESULTS

BPT3



THANK YOU!

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