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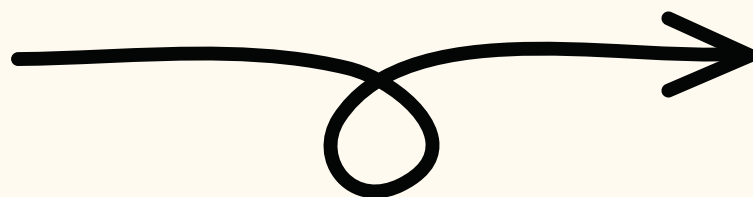


AGDISTIS



Symptoms and consequences

Burnout syndrome



Istituto d'Istruzione Superiore
Margherita Hack

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Burn Out

The term burnout was originally coined in the 1970s to describe the consequences of 'severe stress and high ideals' among the helping professions. These are fields where many feel a high level of moral purpose, a dedication to making a difference and an urge to go above and beyond. The World Health Organisation has recently redefined burnout as 'a syndrome linked to chronic work stress that has not been successfully managed.' In our fast-paced world it has become a far more common risk.





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exhaustion and changes in sleep pattern

palpitations and dizziness

difficulties in relationships

difficulty concentrating

poor performance at school

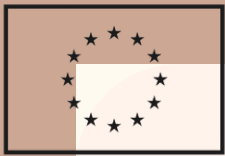


SIGNS OF BURNOUT

mood swings

frustration

stomach and guts problems



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Burn Out

This syndrome affects work in class, by having a notable impact on the quality of education and this impact can range from little to no positive reinforcement, unpleasant learning lessons, negative student-teacher relationships.

It can also have effects both on the students' learning, derived from the teacher's low motivation to teach, and on the teacher, by lowering their mental and emotional health levels, thence compromising their effectiveness in the classroom.





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Burn Out

Teachers are mostly overworked and underpaid, and as a consequence some new teachers leave their jobs within their first five years of teaching.

Teachers need to get psychological support to learn coping mechanisms to help them regulate their emotions, to regain their work enjoyment and to give students the necessary tools for a newly successful learning process.





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