

Workplace and professional self-care quiz

Answer the following questions on a scale of 0 to 5

Rate how strongly you agree or disagree with the next statements.

0 being for disagreement.

5 being for strong agreement.

1. I take regular breaks during the workday and leave on time.
2. I'm friendly with my co-workers, and I can go to them for support when I need it.
3. I'm able to set reasonable boundaries with my managers, and with students and parents/caregivers.
4. I can manage my workload, and I set realistic timeframes for completing tasks.
5. My workspaces, such as my classroom and my desk, are comfortable and comforting.
6. I choose to do tasks I find personally rewarding or interesting.

Workplace and professional self-care quiz results

Investing in professional self-care activities can help you build energy to face life's challenges and support those around you when they need it.

How do you invest in your professional self-care? These activities can help:

- Commit to arriving at and leaving work on time each day. If possible, consider starting a carpool and travelling with colleagues, to encourage them to leave on time, too.
- Establish clear boundaries at work. Only commit to extracurricular activities you have capacity for, and negotiate additional support with your faculty when you need it.
- Set up regular supervision with a more experienced colleague, either through a formal arrangement or just by meeting during lunch breaks on a regular basis to discuss challenges you're facing at work.
- If there isn't already a peer-support network with fellow teachers, set one up. Try to keep it focused on constructive reflections and support.
- Plan ahead for the rest of the term and start thinking about what you want to accomplish next term.