



REGULATING MY EMOTIONS AS A PROFESSIONAL



la fabrique à bonheurs
Académie de la Psychopédagogie Positive

Allagi



TIPS AND RECOMMENDATIONS



**TIP: LEARN TO SAY NO AND SET BOUNDARIES TO
MANAGE YOUR WORKLOAD.**



Recommendation: Be realistic about what you can accomplish in a day. Don't overload your schedule or that of your children and ask for help or delegate tasks; wouldn't the kids be happy to help you with a few tasks? Protect your personal time to avoid burnout.

Tip: CREATE A SUPPORT NETWORK AMONG YOUR COLLEAGUES, FRIENDS, AND LOVED ONES.



Recommendation: Share your experiences and challenges with trusted individuals; engage in informal discussions, support groups, or regular meetings with colleagues to exchange advice and encouragement. Offering support to others can also strengthen your own resilience.

TIP: USE COGNITIVE REFRAMING TO CHANGE YOUR PERSPECTIVE ON STRESSFUL SITUATIONS.



Recommendation: When facing a difficult situation, try to see it from a different angle. For example, if a parent criticizes your approach, view it as an opportunity to improve your communication about your educational project rather than as a personal attack. Also, remember that other people's emotions do not belong to you! This will allow you to respond in a calmer and more constructive manner.



TIP: CULTIVATE AN ATTITUDE OF GRATITUDE
AND COMPASSION TOWARDS YOURSELF
AND OTHERS.

Recommendation: Take time each day to reflect on the positive aspects of your work and life. Keep a gratitude journal where you note three things you are grateful for each day. Be kind to yourself, especially in times of difficulty. Allow yourself the right to make mistakes and learn from them.

TIP: INTEGRATE MOMENTS OF MINDFULNESS INTO
YOUR DAILY ROUTINE WITH THE CHILDREN YOU
SUPPORT TOO! LEARN TOGETHER!



Recommendation: Set aside a few minutes each day for deep breathing exercises or meditation. This can be done at the start of the day, between classes, or at the end of the day. Mindfulness will help you stay grounded in the present moment and gain perspective on intense emotions.



"Education Support"



"The role of teachers' emotion regulation in teaching effectiveness: A systematic review integrating four lines of research"



"The Impact of Emotion Regulation Strategies on Teachers' Well-Being and Positive Emotions: A Meta-Analysis"



The Cult of Pedagogy Podcast



"Every kid needs a champion"- Ted Talk





"EDUCATION SUPPORT"

A comprehensive exploration of educators' psychological well-being, focusing on emotional regulation and stress management.





THE CULT OF PEDAGOGY PODCAST

Hosted by educator Jennifer Gonzalez, The Cult of Pedagogy Podcast offers insightful discussions on teaching strategies, classroom management, educational technology, and the psychological dynamics of schooling. Each episode features interviews with educators, students, administrators, and parents, providing practical advice and real-world experiences. The podcast is designed to support teachers in enhancing their effectiveness and well-being.





"THE ROLE OF TEACHERS' EMOTION REGULATION IN TEACHING EFFECTIVENESS: A SYSTEMATIC REVIEW INTEGRATING FOUR LINES OF RESEARCH"

Offers a summary of the objectives and processes involved in emotional regulation for educators.





"EVERY KID NEEDS A CHAMPION" - TED TALK

Pierson, a teacher with 40 years of experience, once heard a colleague say that their job wasn't to like the students. She responded by emphasizing that children don't learn from people they don't like. This serves as a powerful reminder for educators to believe in their students and build genuine, human, and personal connections with them.





"THE IMPACT OF EMOTION REGULATION STRATEGIES ON TEACHERS' WELL-BEING AND POSITIVE EMOTIONS: A META-ANALYSIS"

This qualitative study examines how teachers regulate emotions at work. It identifies key strategies they use to handle stress and emotional challenges. Findings show emotional regulation is vital for teacher well-being. The study underscores its role in effective teaching.

