



“Trauma-Informed Teaching” Video Series: Related Resources

Episode 2: What Is Educator Burnout/Compassion Fatigue and What Can Be Done?

Reflection Questions

1. Have you experienced symptoms of compassion fatigue and/or burnout?
2. What are simple things that you can do during the school day to alleviate stress in healthy ways?
3. Can you think of a boundary that would be helpful to establish so that you can have more of a separation between work and your personal life?

Additional Resources

Professional Quality of Life Measure (ProQOL): A free research-backed survey that allows you to assess your own levels of burnout, secondary trauma, and compassion satisfaction.

Self-Care Resources: These free self-care resources from the University of Buffalo’s School of Social Work provide tools for evaluating, implementing, and maintaining self-care practices that apply to a variety of professions.