

# TEACHER STRESS

## Causes, Consequences, and Cures



**\$7.3  
Billion**

*Cost of teacher  
turnover*



**46%**

*Teachers report  
high daily stress*



**FEDERAL, STATE, DISTRICT, SCHOOL POLICIES**

### SOURCES OF TEACHER STRESS

School Organization

Job Demands

Work Resources

Social-Emotional Competence

### TEACHER CONSEQUENCES

Low Performance

Ill Health and Lack of Well-being

Increased Absenteeism

High Turnover

### OTHER CONSEQUENCES

Lower Student Achievement

Lower Continuity for  
Students and Parents

Higher Educational Costs

## Recommendations



**MENTORING  
AND INDUCTION  
PROGRAMS**



**WORKPLACE  
WELLNESS  
PROGRAM**



**SEL  
PROGRAMS**



**MINDFULNESS/  
STRESS  
MANAGEMENT  
PROGRAMS**



**ADDITIONAL  
RESEARCH**