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

Source: Penn State, Robert Wood Johnson Foundation