

# *7 Strategies for Embracing the Emotional Labor of Teaching*

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## **#1 Acknowledge Emotional Labor**

What percentage of your brain power goes to emotional labor?

How would you describe your emotional labor? Is there a metaphor?

## **#2 Increase Self-Awareness**

Self-Regulation (Responses to stress, Emotional awareness, Personality, Communication style)

Strengths/Weaknesses in Teaching (or Other Work Roles, or Stressful Situations)

Beliefs About Role: What do you consider a part of your job? What is not?

## **#3 Examine Beliefs About Challenging Behavior or Situations**

What are 1-2 things that students (or others) do to which you find yourself reacting strongly?

What is your negative belief about the student/other?

What self-awareness can you bring to this? What empathy for students or others can you bring?

What is another way you can respond and still be authentic?

## **#4 Reframe Beliefs about Students or Others**

What is one reframe (that you can believe) for a student's (or other's) challenging behavior?

## **#5 Practice Positive Rehearsal**

How do you stop negative rehearsal? What positive statements do you rehearse instead?

## **#6 Identify Guidelines for Responsive Relationships**

What guides you in creating responsive relationships with students (or others)?

## **#7 Cultivate a Prevention Mindset**

What do you do to prevent challenging behaviors or situations?