



Cultivating Teacher Renewal: Guarding Against Stress and Burnout

Barbara Larrivee

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Teachers today are more stressed than ever. It is crucial that teachers develop the tools necessary to keep from falling prey to the potentially destructive effects of stress and burnout. *Cultivating Teacher Renewal: Guarding Against Stress and Burnout* offers the antidote by providing the knowledge, skills and practices that will keep teachers from surrendering to burnout. *Cultivating Teacher Renewal* is evidence-based presenting an extensive review of the abundant research on stress and burnout specifically applying it to the teaching profession. This book adopts a comprehensive approach spanning the fields of education, the social sciences, and the neurosciences. The array of strategies offered will help teachers become stress hardy to stay in a renewal cycle by, building up defenses against burnout, successfully negotiating the emotional terrain of teaching, instilling new ways of thinking and behaving to preserve well-being, and limiting stress exposure by exercising healthier choices. This book will also help you to maintain a work-life balance and develop practices to sustain resilience and optimism.

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