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YES4 E-LEARNING

Profile 5

PROFILE 5: NEGATIVE HEALTH IMPACT

RANGE 138 – 165

Characteristics:

Those teachers experience adverse effects on their physical, emotional, and mental health due to online teaching.

They may report high levels of stress, emotional exhaustion, and difficulties in maintaining a balance between work and personal life, indicating an urgent need for support and resources to improve their well-being.



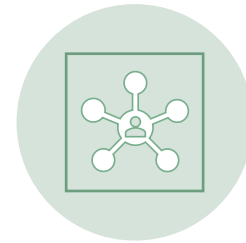
High scores (4 or 5) in statements related to negative impact on physical, emotional, and mental health due to online teaching.

PROFILE 5: NEGATIVE HEALTH IMPACT

POSSIBLE SOLUTIONS



Provide opportunities for professional development focused on strengthening coping skills and resilience.



Foster the establishment of support networks among colleagues to share effective strategies.



Offer recognition and appreciation for well-done work to boost self-esteem.



Promote a problem-solving approach and positive thinking to address the challenges of online teaching.

PROFILE 5: NEGATIVE HEALTH IMPACT

INDIVIDUAL ACTIONS



Prioritize self-care and physical and emotional health, even if it means establishing clear boundaries at work.



Seek support and share experiences with other education professionals in similar situations.



Set realistic goals and make adjustments in expectations to reduce self-imposed pressure.



Identify activities and practices that provide stress relief and promote personal well-being, such as hobbies, physical exercise, and spending time in nature.

