



## **Committee for Children Addresses Educator Social-Emotional Well-Being and Burnout This Winter Through Psychologist-Led Video Series**

**SEATTLE – November 15, 2022, at 5:05 AM PT** – [Educator shortages](#) across the country have hit crisis levels. School districts have been pushed to the brink as they struggle to fill critical positions. Student learning challenges, mental health concerns, and crushing workloads have left educators overworked and emotionally and mentally exhausted with little reprieve.

A [new survey](#) found that teachers and principals are experiencing job-related stress at a rate about twice that of the general working adult population. In the survey, educators cited poor well-being and poor working conditions as factors in their intention to leave their jobs.

Global nonprofit and leader in social-emotional education [Committee for Children](#) today released its seasonal video series, [A Psychologist's Guide to Winter Well-Being](#), which is focused on supporting educators this year. The monthly videos are developed by a team of psychologists and researchers and embedded with social-emotional education and strategies from the organization's [Second Step® SEL for Adults program](#).

"Educators give and give at exponential rates and rarely receive anything in return that refills their cup," says Dr. Tia Kim, a developmental psychologist and educator well-being expert and VP of Education, Research, and Impact at Committee for Children. "We recognize that wellness tips and activities aren't going to fix everything that's systemically stressing out educators right now. Still, social-emotional learning research tells us that to manage challenges and cope with chronic stress effectively, you must first take care of yourself, no questions asked."

One video will be released on the fifteenth of each month, starting today through January 15, 2023. Visit [WinterWellBeing.org](#) to watch the first video and learn more about the series.

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### **About Committee for Children**

Committee for Children is a global nonprofit on a mission to ensure that children everywhere can thrive emotionally, socially, and academically. Committee for Children has been working in partnership with educators and families for [more than 40 years](#). Visit [cfchildren.org](#) to learn more.

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