

Beat Digital Burnout



Science-backed solutions to help educators thrive online (& offline)

Ever-increasing stress, burnout and mental strain linked to the job are some of the serious issues facing schools in 2022. One of the chief contributing factors to burnout is unsustainable and unhealthy digital habits: techno-stress.

There's no denying that teachers' digital load has increased exponentially in recent years- emails, online learning demands, communication tools. Our digital practices and habits are leading to digital burnout.

Our digital practices and habits are elevating our stress and eroding some of the biological buffers that previously helped us cope with stress- movement, connection, sleep and sunlight. We're also using technology in ways that are incongruent with our neurobiological blueprint. Whilst we're biologically designed to cope with stress, we're not designed with *constant stressors* and with *incomplete stress cycles* which our digital, always-on culture cultivates.

This keynote arms teachers and school leaders with science-backed solutions to counteract the always-on, distracted digital culture that has led to many educators experiencing 'digital burnout'. Delegates will understand how our digital habits are fuelling our stress, why rest is vital for our performance, the micro-habits that teachers and school leaders can embed into their workdays and the digital cultures that can counteract digital burnout.

Dr Kristy will explore:



How an **increased digital load** is adding to the micro-stressors in teachers' lives (and leading to digital burnout)



How some of our common tech habits are eroding the **biological buffers** that once protected us from stress;



Why your brain and body needs **peak-performance pit-stops** and the 3M framework to beat burnout;



Science-backed solutions to ensure their '**digital ways of working**' are congruent with how their brains and bodies work best online;



Micro-habits to ensure that we structure our workdays to suit our neurobiological needs; and



Our **neurobiological needs dictate** why rest and recovery is essential in a digital world for ideation, performance and wellbeing.

Session Overview

Participants will complete an anonymous *Digital Burnout Barometer Assessment* before the session to enable Dr Kristy to tailor the keynote to your school's specific needs and to give your delegates powerful insights into their risk of digital burnout.

Delivery

This can be a stand alone keynote, or part of a half or full day program, or delivered as a virtual masterclass.

