Knowing Your Limits and Seeking Help – School Safety Picture This



The image depicts a school staff member overwhelmed by paperwork, with her head in her hands—a clear sign of stress and burnout. This scenario reflects a common issue in school environments where teachers and staff take on excessive workloads without breaks or support. Over time, this can lead to mental fatigue, emotional exhaustion, and physical health problems, all of which compromise both personal wellbeing and job performance.

It’s essential for school staff to recognize their limits and seek help when tasks become unmanageable. Schools should promote a supportive work culture, encouraging open communication and providing access to resources like counseling, time management training, and peer support groups. Workloads must be monitored and adjusted to prevent chronic stress. By fostering a healthy environment where asking for help is normalized, schools can improve both employee wellness and overall safety.