

Statistics about Educator Perceptions for School Wellness

- **My work is often stressful.**
 - 61% of educators reported that their work is always or often stressful. (<https://www.childtrends.org/teacher-well-being-is-a-critical-and-often-overlooked-part-of-school-health>)
- **I know teachers who would report their own mental health is not good.**
 - 57% teachers self-report their mental health is not good (<https://www.starlingminds.com/the-state-of-mental-health-in-us-educators/>)
- **My sleep quality is poor.**
 - 51% self-report poor sleep quality (<https://www.starlingminds.com/the-state-of-mental-health-in-us-educators/>)
- **I know teachers who have left the profession within their first five years.**
 - 42% of teachers within first five years will leave the profession (<https://www.starlingminds.com/the-state-of-mental-health-in-us-educators/>)
- **I believe there is a need for more social and emotional support.**
 - 99% of educators find that students increasingly need more social and emotional support (<https://www.hmhco.com/blog/exploring-the-state-of-teaching-in-the-5th-annual-educator-confidence-report>)
- **There are stressors inside or outside the district that make it difficult for teachers to be their best in the classroom.**
 - 88% of administrators agree that stressors from the education environment – inside or outside the district – make it difficult for teachers to be their best in classrooms (<https://www.hmhco.com/blog/exploring-the-state-of-teaching-in-the-5th-annual-educator-confidence-report>)
- **I know of a school leader who has commented that his/her physical and mental health were seriously at risk.**
 - 33% of principals were flagged so distressed that their physical and mental health were seriously at risk. (<https://www.hmhco.com/blog/exploring-the-state-of-teaching-in-the-5th-annual-educator-confidence-report>)

