

**Prepare Yourself for Your Return to School**

**Introduction to:**

**Dealing With the Emotional Impact of the Pandemic on  
Educators and Returning Students**

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## **Prepare Yourself for Your Return to School**

### **Dealing With the Emotional Impact of the Pandemic on Educators and Returning Students**

We must give serious thought to the stress and the emotional impact that working under pandemic conditions has created for educators, because they will be returning to the school buildings in the fall and the job cannot be done well by people who are worn out, burdened by stress, scarred by trauma and filled with feelings of guilt, regret and inadequacy.

The pandemic experience has already had a profound effect on educators personally, professionally and emotionally. What can we do right now to better understand this and what can educators do right now to minimize the impact of stress, lessen their trauma impact, and feel more resolved as they prepare themselves to go back to school in the fall?

While examining the adverse impact, it is just as important to reflect on the positive emotional impact from the pandemic, because want to ensure that people are bringing that with them when they return to school in the fall. Positive experiences are often overshadowed by negative experiences, so it's easy for the positive experiences to slip by unnoticed, and thus we lose the positive memories, but that is a loss we cannot afford after dealing with such difficulty.

This series of articles is about what educators can do now to mitigate the adverse emotional impact of the pandemic on them and what they can do to help the returning students feel more emotionally settled in their classrooms and ready to engage. The materials help educators assess their own impact and understand more fully why they are impacted, then they present a menu of recommendations for limiting and reversing the adverse impact. Finally, the materials help educators begin to think about and plan for their students who will be emotionally impacted when the return to school.

- 1) The Teachers of the Pandemic (a tribute to educators)
- 2) Understand the Adverse Impact of Teaching During the Pandemic
- 3) Mitigate the Adverse Emotional Impact of Teaching During the Pandemic
- 4) Helping Students Feel More Emotionally Settled in Your Classroom: Creating a Greater Sense of Familiarity and Security.
- 5) Related Reference Material

The best way to engage with these materials with the limited time you may have available to you is to start with the brief tribute, The Teachers of the Pandemic. If this resonates with you, if this tribute closely describes what you are experiencing, then Understand the Adverse Impact of Teaching During the Pandemic will help you better understand why your stress level and emotional reactivity is so high and what changes you can consider that will improve your situation. Mitigate the Adverse Emotional Impact of Teaching During the Pandemic will give you a variety of intervention options to improve your particular circumstances.