

The Educator Well-Being Field Guide

Tools, markers, and practical next steps for stronger staff well-being.



Because educators are essential, their well-being is too. Use this guide to spot what your school community needs, gather the right tools, and take a practical next step toward stronger staff well-being.

How to use this guide: scan the signs, pick the tool that fits, and keep moving.

ORIENTATION

Take a snapshot

Complete the Thriving Schools Integrated Assessment to identify priorities and plan next steps. Tip: Start with the Cultivating Staff Well-Being section.

Resource: [Thriving Schools Integrated Assessment](#)

EVIDENCE

The case for well-being

Use data, video, and talking points to show why educator well-being matters and ramp up leadership support.

Resources: [Why Teacher & Staff Well-Being Matters fact sheet](#) & [video](#)

CLEAR SIGNALS

Let data guide the way

Explore unexpected data points or request a strategy workshop to guide planning.

Resources: [Let Data Lead the Way blog post](#) and [Teacher & Staff Well-Being Strategy Workshop](#)

CARE KIT

Find support in uncertain times

Learn to lead with empathy, support recovery, and build resilience during a school or community crisis.

Resource: [Leading Through Disruption: A Mental Health Playbook](#)

STEADY PACE

↔ **Help staff find balance**

Take advantage of RISE UP, virtual professional development that utilizes an arts-based approach to examine mental health challenges.

Resources: [RISE UP Video Preview & Booking Request](#)

LOOKOUT

▶ **Learn from other schools**

Watch examples from educators and district staff who are prioritizing staff well-being.

Resource: [Implementation Success Stories](#)

MILESTONE

◆ **Celebrate progress**

Apply for recognition or explore what award-winning schools are doing.

Resource: [America's Healthiest Schools Award](#)

A stronger school community can start with one useful tool.

Pick the resource that fits and get started today.

For more information about these resources and additional support available to promote teacher and staff well-being, visit the [Thriving Schools website](#) or contact your Kaiser Permanente representative.

