

How Routine Saved Me from Burnout

Making Small Adjustments in Process to
Achieve Massive Results

Eric Rath, Canyon High School
Canyon, Texas

Burnout: not just a buzzword

44%

of teachers report
very often or always
being burned out

Social

Social Media &
Lawn Mower Parents

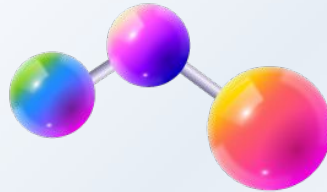
Treadmill

More requirements,
Higher expectations,
Fewer Resources

Walking Away

Teacher Attrition:
Who will mentor
young teachers?

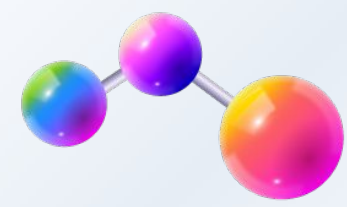
**We can't fix everything,
but we have more control
in more areas than we realize.**





“God, grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.”

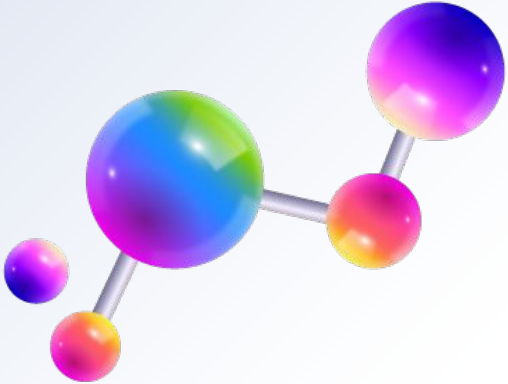
from the Prayer for Serenity by Reinhold Niebuhr



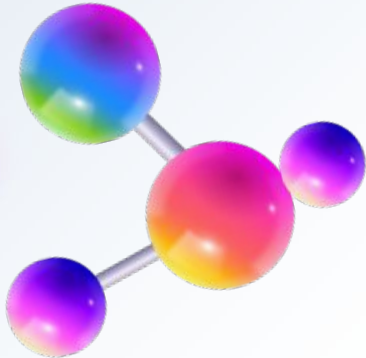


**"Give me six hours
to chop down a tree
and I will spend the
first four
sharpening the ax."**

—Abraham Lincoln



Personal Life



The Night Owl versus the Early Bird

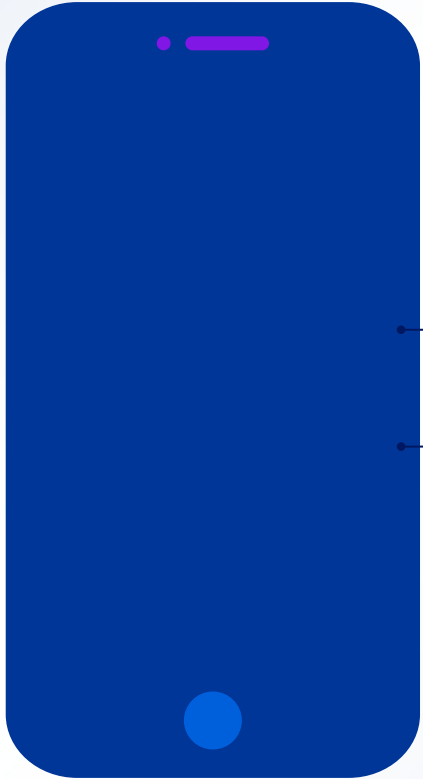
How 6 ½ minutes before bedtime helps to
“win” the next day... before it has even begun.





Weight Loss: Small Habits, Big Results!

April 2021 versus April 2022



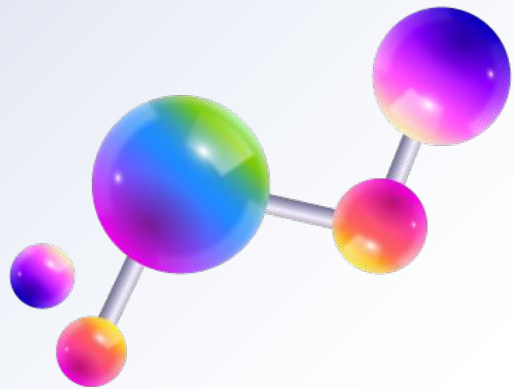
**Don't be “outsmarted”
by your Smartphone.**

Reduce

Remove

Recharge

Reset

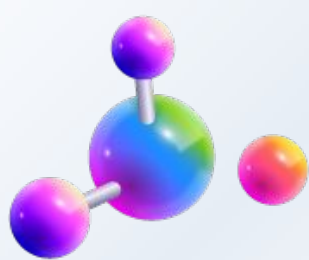


In the Band Office





In the Band Office (non-teaching)



Email

Scheduled - 3 times a day
& Off of my phone
(boundaries)

Office Hours

Parental & Student
access to me is
purposely limited.

Score Study

Create a conducive
environment and a regular
time.

Communication

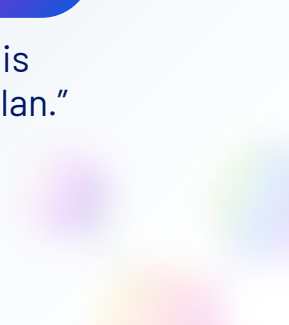
Weekly Emails
on Sundays,
Google Doc on Monday

To-Do List

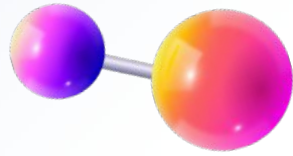
A pinned Google Doc on
Chrome that focuses on
"the macro."

Lesson Plans

"Today's Rehearsal is
Tomorrow's Lesson Plan."



Final Thoughts



Thank you!

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Essential Reading:

Atomic Habits - James Clear

Start with Why - Simon Sinek

Mindset - Carol Dweck

Outliers - Malcolm Gladwell

Outsmart Your Smartphone - Tchiki Davis

Less Enthusiastic Recommendations:

The 4-Hour Work Week - Tim Ferriss

A World Without Email - Cal Newport

Grit - Angela Duckworth

The Ruthless Elimination of Hurry - John Mark Comer

