

Nov. 9

This episode landed hard for me for a variety of reasons!

First of all, sickness is an essential part of the human experience.

Kierkegaard wrote of despair as being "the sickness unto death".

Presenteeism - showing up for work while unwell - is a kind of sickness across the field of education, generally - due to a wide variety of factors. Teachers are seen as "essential workers"

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while at the same time being given less prestige and fewer benefits than many other professions. Educators, generally, are not the best at advocating for themselves to their employers! At one point during the pandemic I had a doctor's note excusing me from work indefinitely — even as I was working in a virtual environment — but I refrained from using it, because of fear of how this would affect how I was perceived by my colleagues. It's been a long time since I

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worked for that employee —
looking back I can definitively
say that I should have used
the note for my and my
family's well-being!

This is one small example
of the kinds of experiences
educators go through each
day. As such, we hope
this discussion resonates,
and may lead to conversations
or "interior dialogue" that
encourages self-care, reflection
and positive change in some
small way. There is no
substitute for health and wellness!