# **CDC Healthy Schools Employee Wellness Video Transcript**

[HS Employee Wellness Teacher School Staff Interview Video](https://cdc.sharepoint.com/%3Af%3A/t/NCCDPHP-DPH-SHB/Eg_lANPHid9GtwTo8j6lN3sBJQ2vsgiGEhHwjmFJelVI_g?e=23s8kQ)

## Audio Descriptive Text

The video opens with a solid blue background and the combined Center for Disease Control (CDC) and Health and Human Services log in white font centered on screen as soft piano music plays throughout the video. The logo transitions to white text that reads “Teachers and school staff are dealing with a lot.” on the same solid blue background.

The blue background with white text is replaced by a series of teachers and school staff interviews. Each school employee is in a different setting speaking directly to the camera answering the previous question or statement shown on screen as before, with white text on a solid blue background. The name and position of the school employee is shown on the bottom left corner of the screen written in white text on a small blue rectangular shape behind the text. The first name of the school staff is bolded in white, while their position is written under their name without bold. The name and position are both left-aligned in the small blue rectangle. The school employee name, position, and background description are as follows:

* Sonia, High School Teacher (female), is seated in a classroom with white walls and ceiling. There is a corkboard style bulletin board on the left wall with photos and photos on colored construction paper placed on the board with white labels for each photo. To the right of the speaker are desks in rows facing away from the speaker toward the right wall. On the back wall are various items scattered next to a tall black storage unit.
* Levonia, School Nurse (female), is seated in an office with multiple filing cabinets and a wooden bookshelf in the background. Multiple items are randomly placed throughout the room in an organized fashion. To the speaker’s immediate left appears to be a storage cart with supplies specific to the needs of a nurse or medical professional.
* Danielle, Elementary School Teacher (female), is seated in front of a white wall with the bottom of a photo frame showing in the top left corner of the screen.
* Jemma, Elementary School Teacher (female), is seated in a living room setting with two bookshelves, a tall lamp, and a television behind her. There is a large window to her left and an opening leading to another room on her right.
* Zach, Middle School Teacher (male), is seated in an office with a large black bookshelf on his right filled with books both upright stacked vertically and horizontally and some leaning. The walls are gray while the ceiling is white. There are black, white, and gray artwork on the walls and a corkboard style bulletin board with various papers and photos placed across the board. There are also stacks of books and folders on a desk in the background.
* Molly, Principal (female), is seated in a wooden slotted chair in front of a white wall with a wooden clock hanging in the top right of the screen, an artificial plant to her left, and various greeting cards on a shelf behind and on her right.
* Dina, High School Teacher (female), is seated on a light green couch with a patterned blanket to her right in front of an orange wall with various small canvas style photos of handcrafted artwork.

In between each segment of school employees’ responses, the following questions are shown on the screen in white font on a solid blue background: “How does stress affect you?”, “What helps you manage stressful times?”, “What advice do you have for people working in schools?”, “How is your work in schools important?”

The video closes with the solid blue background and text on the screen that reads, “A school employee wellness program can support staff health and well-being.” The text fades away and reveals the closing text “Get resources to help you start a program today.” and the full Uniform Resource Locator (URL), <https://www.cdc.gov/healthyschools/wscc/index.htm>, listed below.

## Video Summary

CDC Healthy Schools recommends implementing school employee wellness programs for a variety of reasons. Research shows that school employee wellness programs can improve staff productivity, decrease employee absenteeism, and decrease employee healthcare costs.

In addition, fostering the physical and mental health of school employees helps to support students’ health and academic success by modeling healthy behaviors. The teachers and school staff shared their experiences dealing with stress and ways they and their schools are supporting employee health.

The CDC Healthy Schools website has several resources to support implementation of employee wellness programs – including ideas for programs that can be implemented with limited resources.

## Audio Script

On-screen text reads: “Teachers and school staff are dealing with a lot.”

*Sonia, High School Teacher, Female Voice:*

Teachers have more and more things to do and that can be very stressful.

*Levonia, School Nurse, Female Voice:*

The most difficult part of my job is probably not having enough resources.

*Danielle, Elementary School Teacher, Female Voice:*

As a teacher, we have never-ending deadlines, never-ending work, there is always something to do.

*Jemma, Elementary School Teacher, Female Voice:*

I would say the most stressful part of teaching is everything not related to teaching. So communication with parents, things that are put on you by your administration.

*Zach, Middle School Teacher, Male Voice:*

The shortage of teachers right now, you know, having to fill a lot of holes and wear a lot of hats, it's very difficult.

On-screen text reads: “How does stress affect you?”

*Molly, Principal, Female Voice:*

So, when I’m feeling stressed, I wear it right here and then I stop sleeping well and when I don’t sleep well then, I get emotional and then the tears come.

*Jemma, Elementary School Teacher, Female Voice:*

My whole body just feels very tired, I’m very run down.

*Danielle, Elementary School Teacher, Female Voice:*

There are many nights that I’ve cried, there are many mornings I’m like, oh boy, what is my day going to look like?

On-screen text reads: “What helps you manage stressful times?”

*Dina, High School Teacher, Female Voice:*

How I take care of myself is I actually teach yoga after school twice a week and I also go for morning walks before school or after school.

*Levonia, School Nurse, Female Voice:*

For me personally, I can disconnect by just being outside.

*Sonia, High School Teacher, Female Voice:*

Laughing works a lot, being able to laugh and to have a sense of perspective, I think humor helps you to bring a distance between what’s going around and yourself.

*Jemma, Elementary School Teacher, Female Voice:*

The thing that always works for me when work gets super stressful is honestly just my weighted blanket that I have. It just naturally calms my whole nervous system.

On-screen text reads: “What advice do you have for people working in schools?”

*Dina, High School Teacher, Female Voice:*

My advice to people in the teaching profession would be to create a list of five-to-ten-minute coping skill activities, mindful moments that you love, and to make it a routine and a ritual.

*Molly, Principal, Female Voice:*

Each Monday we call it Wellness Mondays and we have different people come in to lead yoga or different exercises.

*Zach, Middle School Teacher, Male Voice:*

Leaning on each other and colleagues in education is essential, you have to.

*Levonia, School Nurse, Female Voice:*

Just finding people that can reassure me that I’m doing my best and that there are people out there who understand me and can help me through these situations.

*Sonia, High School Teacher, Female Voice:*

We take care of one another.

On-screen text reads: “How is your work in schools important?”

*Molly, Principal, Female Voice:*

Education can be a shining light and it’s really the equalizer for everybody.

*Zach, Middle School Teacher, Male Voice:*

You can have a really bad day at school and still realize that what you’re doing is making a bigger difference.

*Danielle, Elementary School Teacher, Female Voice:*

We are the best profession in the world next to doctors and that is my true belief, but even a doctor had a teacher.