Noise, Stress, and Emotional Fatigue: Protecting Mental Health in Childcare Work Fatality File



Educator Experiences Burnout After Prolonged Overstimulation

An experienced early childhood educator reported increasing fatigue, irritability, and difficulty concentrating after several months of working in a consistently loud and understaffed classroom. Although no single incident triggered the issue, the cumulative effect of constant noise, emotional demands, and limited recovery time led to burnout.

The educator eventually required time away from work after experiencing anxiety and physical symptoms related to stress. A review identified a lack of quiet spaces, inconsistent break coverage, and limited opportunities to discuss workload concerns.

Following the review, the centre implemented scheduled quiet periods, improved staffing support during peak times, and regular check-ins focused on wellbeing.

The incident highlighted that mental health risks can build gradually and require proactive management.

Source : *Edsurge.com*