As stated by Enriquez, “If we push ourselves within our limits we find success,” “if we push ourselves to our limits we will find stress.”

Stress is the general term applied to the pressure people feel in life whereas, teachers are the usual target or victims of stress. During stress our hormones and adrenaline level shoot up diverting more blood to the brain and increases sensual awareness whereas if that state continuous and uncontrolled stress may lead to physical and mental dysfunction which may lead to the following symptoms namely headache, diarrhea, high blood pressure or hypertension, ulcer asthma, high blood sugar and weak resistance to diseases which may cause the person on becoming weak, being incapacitated to conduct good performance in the entire activities he has to perform which will result to poor performances.

Moreover, good performance are primarily affected by stress mainly because an individual capabilities to perform task is being disturbed on what pressure the person feels on the phase that he cannot control it anymore.

However, an individual has the capacity to combat stress. There are different ways on how to fight stress, such as engaging in some physical activity like walking, sports, gardening or cleaning houses, take a deep breath, relax your muscles and remove problems onto minds and focus with the happy memories, give a big smile and try to stare on color which is relaxing to the eyes such as green for the visual relaxation. Furthermore, learning and understanding our needs and capabilities can take control of stress.
Hence, never forget that stress will always be a part in the life of a person. Nobody can’t get rid of it in reality as long as people is faced on the day to day life situations, it only depends on the person who manages it. Always remember that positive outlook in life manages stress. Do not let the problem manage you instead try to manage your problem accordingly.

Reference:

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