HANDLING STRESS AND HOW TO COPE UP

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Stress is an enemy you can’t escape, it is everywhere; but it is up to you on how to handle it. Some embraces it, some fights but what will you do if this enemy keeps on attacking you and starts affecting your lifestyle, relationships and even your profession?

The impact of work stress on teachers varies, some are more resilient than others-this may be because they have different levels of support available to them (Margarita Lucero Galias, Public School Teachers’ Work and Stress). Teachers spend more than 40 hours in school including classroom teaching, they are also accountable to do their weekly lesson plan, evaluating students’ work, reporting and communicating with parents, attending meetings and other extra-curricular activities the school might ask them to do so. Based on the research of Filipino teachers’ stress levels and coping strategies by Thelma Rabago-Mingoa, PhD of De La Salle University-Manila the most common sources of stress for teachers are having too much paperwork (52%), high cost of living (51%), insufficient salary and other money concerns (46%), over sized classes (43%) and being too busy (including simultaneous activities as being enrolled in school, being employed, parenting, community service and so on 32%).

Basically, their time is very limited outside work, so here are some tips on how to manage stress and work burn out that teachers can also apply.

Identify what is stressing you out

It is best to identify what is the cause of your stress in order to resolve it. Sometimes the best way to solve the problem is to face it in order to conquer it.
Exercise

This activity can be a great distraction, plus it can also contribute not only for your mental health but also to your physical health. Try doing zumba, biking, walking, swimming and breathing exercises.

Watching television

Diverting your attention to other activities can relieve stress and relax your body.

Window shopping at malls

Going out and unwinding is also self-care, try walking at malls and relax your mind. You deserve it.

Talk to a Friend

No relief is better than talking to someone you trust, it is nice to have one person you can rely on in the middle of everything that is going on in your life, may it be personal or work related.

(Stress management techniques for all types of stress by Elizabeth Scott, 2019)

Being a teacher is such a huge responsibility. You are one of the reasons of every child’s success, you are part of every individual’s personality-you are not just a teacher, their future depends on you. Stress is just a battle you need to win in order to give your hundred percent self to teach, inspire and hone every pupils’ dreams. Always remember that you got this!
References: