HOW TO AVOID STRESS IN SCHOOL

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Worrying too much about your work or tasks that need to be done promptly causes stress in work place. Most of the time teachers experience pressure in fulfilling challenging obligation. That is why they are not excuse in work-related stress. The effects of stress upon a teacher’s life can be profound. And it is very evident that this may effect work satisfaction and their performance. And so it is very important for the teachers to know the different ways to avoid stress. One is to act rather than react. There are situations or incidents that you may feel out of control. But in realities you are in control of your actions and responses. Analyze the situation and then think of something that you can do that would not activate your stress hormones, so that you will not wear down your confidence, concentration and well-being. Another is to take time to recharge. If you feel that you are already burn-out have time to replenish, switch off from work, take a deep breath and when possible, take time to relax and unwind so that when you go back to work you will feel ready to perform again at your best. Lastly, talk to your principal. If there is an open line communication between you and your boss it will be easy for you to open up and tell everything that bothers you or to come up with an effective plan to improve your skills in different areas, so you can perform at your best. Teaching is not an easy task but if you love you work and the pupils that you are serving there is no way not to enjoy and be happy. After all it is your bread and butter so you must always do your best and do it with a smile

References: