HOW TO AVOID STRESS IN TEACHING LIFE?

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Teaching is such a wonderful and enjoyable profession. So, don’t create stress out of it. Here are the suggestions in order to avoid stress in teaching:

1. Love your vocation. Having love for your work is the primary thing that one worker must bear in his/her mind. Through this, you will be able to do your very best in performing all your duties.

2. Enjoy what you are doing. Don’t think that the activities you do are loads of burden. Make it a zestful experience. It is nice if you savor the moment of all your undertakings.

3. Treat your learners as your own children. It’s just like you are managing your own house. It’s just like you are dealing with the dearest people in your life.

4. Make friends with everyone. Having rapport with your fellow teachers and with entire teaching community is truly wonderful. Working without enemies is much peaceful and stress free.

5. Revere your head or superior. Having a good working relationship with your superior is a good thing. We say that respect begets respect. Having this kind of relation with each other would yield a better result.

6. Be more updated with technology. The teaching learning process is more creative if the application of new technology will be realized. The learners will be more interested and a good outcome will be achieved that is satisfying on the part of the teacher.
7. Let God be the center of teaching. God is the One to guide for us to reach the success of the activities. Also, he is the One to provide the knowledge and strength for you to become a better educator.

8. Be happy and always smile. The feeling of happiness is the one that will relieve you from stress. Always wear a smile on your face for “smile attracts.

Reference:

http://www.ehow.com