HOW TO NAVIGATE THROUGH WORK RELATED STRESS

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Teaching is one of the most rewarding profession there is. To be able to help shape the future of students and to watch them grow and learn. It is really like being a parent, 50 times over.

But as worthwhile as it is, teaching is also one of the most stressful job one can have. As said, being a teacher is like being a parent, to fifty or more kids. Fifty or more different individuals with different personalities and attitude. Many teachers suffer from severe stress. Because let’s face it, aside from actually teaching, there a lot of things that goes behind the scene. From endless paper-works and dealing with superiors and co-workers. Stress can damage the health of the person suffering from it. At first stress does not show outward signs. The changes occur in psych first, like shorter temper and increase in irritability. Then physical signs will manifest, fatigue and haggardness are one of the early symptoms. In more acute cases, drop in immune system and anemia are some of the indicators.

There are several ways to manage work related stress. First is eat healthy food options. Eat foods that is high in vitamins and minerals. Have plenty of berries and other fruits. Berries have tons of antidominance that can help the body counteract the effects of stress. Avoid sugar and caffeine packed foods because they put the body in a ‘high’ state where if feels great and good for a while then after a couple of hours it will drain and the feeling of being burned-out will settle in. Doing regular exercise also helps with managing stress. Physical activities like exercise helps revitalize the body. It aids with blood circulation. And exercise was also proven to trigger the release of endorphins or the
happy hormones. Working out and exerting physical effort can help take-away the mind from the things that cause stress. Do some mind exercise. There are mind exercise apps that can be downloaded online. These exercises can simulate the brain. It helps to refocus and build concentration. Although going to work is inevitable, but it is well to try to have breaks every once in a while. To detox and unwind and relax. Take some days off to just clean your mind from the problems and responsibilities. Go see places and locations that you always want too see. Travel.

Always keep it in mind that stress is not permanent, it is very much controllable. It is not something that should take control of our lives. There ways to mange and regulate it. Develop healthy responses. Instead of attempting to fight stress with fast food or alcohol, do your best to make healthy choices when you feel the tension rise. Exercise is a great stress-buster. Yoga can be an excellent choice, but any form of physical activity is beneficial. Also make time for hobbies and favorite activities. Whether it's reading a novel, going to concerts or playing games with your family, make sure to set aside time for the things that bring you pleasure. Because no matter how noble the job description is, teachers should never forget to care for themselves. Personal well-being and wellness must also be a top priority, always.

References:

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https://www.apa.org/helpcenter/work-stress
