MANAGE STRESS EFFECTIVELY

by:

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Whether we accept or not stress is a part of a teacher's life. Teaching appears in the top three stressful careers. In the United Kingdom, it was found that the occupations reporting the highest stress were teaching, nursing, management and other related to education and welfare, road transport and security. And we know that stress is caused by circumstances that changed the normal processes of an individual’s life. It also creates a burden within the person that is challenging to deal with the outside of their normal experiences. As a teacher, what are your sources of stress? Remember, things that cause you stress can be both pleasant and unpleasant. You enjoy the challenge of winning a competition, but it takes a great deal of time to prepare for the event, so there is stress. Then there is unpleasant stress that comes because of students who are not getting along well with each other. Stress can come from external sources might include students, administrators, family and friends. There are even environmental factors that cause stress such as poor weather, your housing situation, and crowded classrooms. Stress can come also from external sources. These external sources can result from anything that annoys, angers, frustrates, threatens, prod, excites, scares, worries, hurries, challenges criticizes you, and reduce your self-esteem. Stress is not all bad. A certain degree of stress is needed to keep us alert and to help us get things accomplish. However, if you are under too much stress, especially for a longer period of times with a moment to recover, it can cause physical problems. Hart says too much stress reduces the body’s immune system and weakens its ability to fight disease. Tension and migraine headaches, muscle aches and anxiety can also result from too much stress. A stressed person might also use drugs other
than alcohol you fight stress, resulting at timed in domestic violence. If you want to manage stress in your life you can. It will take commitment to make changes plus an honest look at yourself and what causes stress in your life. Rice says that those who actively manage stress are likely to develop expertise in handling stress in your life. On the other hand, those who are inactive manager of stress are more likely to continue the attitude of helplessness, which leads to build up anger and eventually to hob frustration, if not burnout. Below are suggestions that can transform your life.

1. Test the stresses. Take an honest look at what is the causing stress in your life.

2. Terminate junk stress. Look at your list of stress. What stress in your life is considered junk?

3. Set boundaries. You may need to set boundaries on how much you can help others. 4. Target good exercise. Exercise and various activities can helo lower stress.

5. Treat yourself to sound sleep. Hart says that sleep is a prevention for diseases and somehow a remedy for stress.

6. Train to be organized. Sometimes stress is created because of lack of organization in our schedule.

7. Try to relax. Relaxation helps you let go of stress. 8. Talk with others. If you need a counselor, find one who will help you learn ways to deal with the stress.

9. Travel on occasional vacations.

10. Take time for meditation, prayer, and solitude. Treat yourself to quick relaxation and happy time.
References: