MANAGING STRESS

by:
Marites M. Ravago
Teacher III, Luakan National High School

Teachers are said to be always stressed. It is for the reason that they usually think so much of their work and their students. Teachers who usually think more of their duty tend to disregard their own well-being until it is too late and they become sick. Sadly, people who take roles for others are often not good at looking after themselves.

It is vital that teachers know how to manage their own well-being, for they cannot manage students and learning if they cannot manage themselves. Every day, we deal with our students and more or less students do the same thing, sometimes having slightly better or worse days. What makes the difference is the reaction of the adults around them. Compelling to what has been done is very essential to manage stress.

There are some beneficial tactics to manage stress.

First, give emphasis on what is in your mechanism. Every person wants to be in control in our everyday life. We spend a lot of time in preparation to ensure that our classes go on smoothly. However, we cannot control everything because of the hostile environment. We often get strained about the things which are beyond our control.

Take a moment and make a list of those things that cause you stress. Now, summarize these things into two lists, things which are within your control at the moment and things which are not within your control at the moment. Choose to focus on the things which are within your control and do something about them. Put the others aside. We tend to fixate about those things which are beyond our control.
Socialize with great friends. Supportive friends and co-workers are very important. Sometimes we just need to talk to someone. Be careful in choosing someone you want to be with.

Notice organizers and drainers. We know people who drain our energy. We feel worse after being with them. We also know people who energize and inspire us. We have activities which energize and activities which drain us. We need to spend more time with the people and on the task which energize us and less time with the people and tasks which drain our energy.

Finally, learn to say no. Teachers tend to be bad in saying “no” to duties and responsibilities. It is of course very important to be cooperative and helpful but if you are always overloaded, think about how this is contributing to your stress. Be honest and true to yourself, learn to say “no” in a polite manner.