MANAGING STRESS FOR TEACHERS

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Teachers are expected to maintain a semblance of calmness wherever and whenever especially during the times they teach. As humans, they are prone to tiredness and stress. They also feel drained after a day of handling not only their students but also the parents, colleagues, and bosses. So what does a teacher have to do whenever they feel stressed?

Mentally.

1. What are the causes of your stress? List them all down. It is important to know what you are dealing with so you will also know how to solve them. And yes, afterwards, list down whatever solution you may think of.

2. Kill worry by accepting the worst and working to improve it. Thinking and writing down the worst case scenario will make you face it and therefore be able to do something about it. But most importantly, it will make you stop or lessen your worrying.

3. Interrupt negative thought loops and replace them with positive ones. Thought loops are the things we say to ourselves repeatedly, and usually, it is about our insecurities and weaknesses.

Physically.

1. Prioritize sleep. When you lack sleep, you become a monster and that is not recommended when dealing with students that requires patience. So for the sake of yourself and your students, get at least 7 hours of sleep every night.
2. Drink up. Dehydration kills creativity. There are many times that since we are so engrossed with our work, we forget to drink enough water to help our minds to function greatly. To avoid dehydration, always take a water jug with you or place water pitchers to your workplace so it will be easier for you to stay hydrated.

3. Go out and exercise. As we age, we need to be more active and exercise is a mood lifter. You don't need to enroll in a gym and to a strict program. You can change some of your habits like walking to or from the school, taking the stairs instead of the lifts or sometimes maybe playing with your students.

It is overwhelming to be trapped in one's thoughts. Hopelessness, helplessness, and pity are the usual byproducts of these. And so it is important to be able to pull back and observe your thoughts from a distance. Instead of dwelling on your negative thoughts, tell yourself encouraging and supportive ones. Any negative thoughts won't help you with your issues and concerns.

References:

Teacher Stress: 8 Strategies to Manage Work Pressure

https://unicheck.com/blog/teacher-stress-8-strategies-to-manage-work-pressure