OVERCOMING STRESS IN RELATION TO TEACHING

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A teacher is always stressed in his/her work place. Everyday he/she does is to shout, shout, and shout. He needs to breathe deeply and calm down.

Teachers are usually thinking the welfare of their pupils. We consider ourselves to have responsibilities to care our pupils. We do not think about our own well-being until we realize it is too late and we are suffering sickness.

Stress is your body’s way of reacting to certain triggers or changes in your life.

If you’re a teacher, you experience stress every day. Stressors come from too much paper works, maintaining classroom discipline, lack of support from parents and administration, financial problem even your colleagues are stressor. So, what can we do to overcome stress we have on a daily basis? Honestly, we cannot take away stress in a snap of a finger, but there are things we can do to lessen the stress. Here are five ways that I’ve found to help cope with stress:

1. Prioritize

   We need to focus on the MOST important things in our classroom and also at home. Remove unnecessary things.

2. Learn to Say No

   If you are filled with too many works in school, be brave to say No.
3. Get Support

The best way to reduce stress comes from sharing our day to day challenges with friends. Support from your teacher buddy.

4. Exercise – Get Moving!

As teachers, finding time to work out can be really tough but the benefits of exercise are so helpful.

5. Treat Yourself

Take time to treat yourself once a week. By doing it, you take your mind off from the stressors even for a short time.

Take care of yourself teachers!

References:

https://www.teachingenglish.org.uk

https://the-teacher-next-door.com/my-blog/classroom-ideas/5-ways-to-cope-with-teacher-stress