Stress and depression among teachers sky rocketing due to many paper works and related activities, deadlines and many other factors. Being a teacher is one of the hardest professions compare to other related professional courses. Once a teacher is always a teacher. The vision of society to teachers is godlike, “they do not commit mistake, they are holy, they are model to community”, this imbued the characteristics of a teacher to become a breeding ground for inner stress outside the school premises.

A teacher at home is a super hero who does many other chores aside from the task they brought home from school. Slow filing up of tasks simultaneously done create a buildup stress in their brain.

 Teachers inside the school were already preoccupied of many things related to teaching such as, strategies on how to make slow learners cope up with the majority of the students, students who have family problems, learners who are victim of bullying, the bullies, the abandoned children, and the broken family learners, aside from that, the lesson for the next day, their daily lesson log, activities, BMI, modified school forms. Those are just a daily dose of stress for every teacher.

Aside from the above mentioned causes of stress, physical hazard also affects teachers that weaken their immune system and might break their defense. These are the chalk residue, noise pollution from nearby factories. Administrative pressure also added on the repertoire of stress factors that might include but not limited to autocratic leaders who set impossible deadlines, less attentive leaders who neglect subordinates.
These stressors endanger the health, worst the life of a teacher. How would a teacher escape from those stressors that might risk their health soon? Will this be terminal if not attended properly?

The answer is clear, every teacher should have an outlet to release those stress in their body, and according to Barry Goldstein music affects the mood of individual. Listening to slow music for around 15 minutes to 60 minutes in the wake up moment and sleeping time removes the body toxins and produce positive effect on the behavior of teachers and individual. Second, find a hobby like sports that you can play one to two times a week. Third, slow jogging early in the morning for about 5 to 10 minutes daily. Fourth, think of happy thoughts for a moment. Fifth, learn the breathing exercise, breath in breath out for two minutes if you experience sudden stress. Finally, read a passage from the bible one to two verses daily.

Whatever we think, come out in thy mouth, whatever comes out, and came from thy heart.

References: