Recently there has been several news circulating that there were teachers who, out of probably frustration and depression took the toll and finally decided to meet the Creator. This has been an issue which has surfaced a lot of times but not noticed by many. Stress has always been a part of the professional world of work. All professions endure this kind of setback and there are varied degrees of stress that all employees experience.

There are more than one reason causing stresses. In the teaching profession, these can come from the unruly students, pile upon pile of reports and documents that are needed to be submitted on a due that is near, colleagues who are not easy to work with let alone be around with and lastly from the superior that is quite inconsiderate. These factors, plus others coming outside the four walls of the school – personal problems at home, contribute to the burn out of a teacher. Too much load is enough reason for a person to snap out of sanity and dwell on the other side of the normal thinking condition.

What can be done to alleviate this condition?

There are a lot of means and ways of ensuring that the teacher still keeps the passion for teaching burning and the sworn oath of educating the youth remains intact. True Stress Management suggested the following tips in relieving stress in the field of work.

Practice Mindfulness. Mindfulness in the sense that the teacher should be able to acknowledge his/her feeling and emotions. In doing so, the teacher then assesses these emotions and creates a way of dealing with them. They might not be that easy to deal with but the fact that these strong emotions must be expressed and addressed properly.
Share Experience with Colleagues. By having pep talks or short conversations with people in the same field, the teacher then learns how others resolve problems which is common. At the same time, the teacher understands that there are cases where other teachers have more burdens than his/her. Knowing what others are going through elevates the feeling that you are much more blessed than others.

Set realistic goals and ensure that they are achievable. Once that there are too much to handle and things get out of hand, the teacher becomes frustrated. To avoid this, there must be a goal setting that is specific and inclined on what can be achieved within a period of time. There is a tendency to do all but in the end it is not advisable.

Focus On What You Can Do Something About. Give emphasis on what you can do or what you are good at. This can be a part of the planning stage. By focusing on what can be done, this will give better results on what is handled rather than having your hands in everything and finish nothing.

Exercise Regularly. This will help the mind to become active because proper blood supply to the brain makes the mind function properly. This will help the teacher think better and resolve the problems faster.

Stress is an integral part of the work load of every individual. Any profession in any field in any form of job caters these types of factors. This can be resolved in a way that is beneficial both to the teacher involved and to others as well. Having the proper idea on how to deal with matters is a great way of overcoming problems and arriving at solutions.
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