TOP 5 STRESS MANAGEMENT TECHNIQUES FOR TEACHERS

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During this time of pandemic, when there are so many uncertainties, we, especially teachers need to be healthy both mentally and physically. With a lot of works like webinars, virtual meetings, reports, grades, module printing and many more things that are needed to be done, the level of stress and anxiety increases. Working in the new normal requires us to work from home but it does not mean a stress-free for teachers and staff alike. As a matter of fact, it becomes more challenging on their part. Because instead of discussing a lesson in a classroom, teachers have to discuss it virtually then answer the student’s inquiry one by one, date of submission and many more in the chat room. Then a poor internet connection and additional expenses on load also give them a headache.

New normal method of learning really becomes so stressful to the teachers. According to White (2019), here are some simple ideas and ways on how teachers can do self-care that can escalate their resilience so that they can better manage the physical and emotional stressors of being an educator.

1. Do Things You Enjoy

If there is time for work, find time also to do something you love like cooking, baking or watching movies. Give yourself a break.

2. Make Time for Friends and Family

Having quality time with your family and friends also relieves stress. Chatting and laughing with them will boost your energy and give you a more positive outlook in life. Remember, “Laughter is the best medicine”.
3. Exercise

Exercise is a natural stress-reliever. This could be a simple or basic head-to-toe exercises you learned in your kindergarten days. You can also try jogging every morning or walking in the school ground during lunch break, strolling at the park every afternoon, or biking. Choose what’s going to fit you and your schedule.

4. Get Plenty of Sleep

You need to finish your lesson plan and compute grades but it’s already late? Take a rest! You have to have energy and focus for the class will start early in the morning. Having eight (8) hours of sleep each night lets your mind and body recover from stress.

5. Try Deep Breathing

If you feel stressed, try deep breathing. This method helps you to calm your mind and body. It also improves blood flow and increases your energy level. You could even try doing this for ten minutes each morning when you wake up to start the day right, or every evening before bed to help you sleep.

Reference:

https://schools.magoosh.com/schools-blog/top-5-stress-management-techniques-for-teachers/Allison White