TURNING NEGATIVE STRESS INTO POSITIVE MOTIVATION

by:
Jocelyn F. Acuña
Teacher III, Almacen Elementary School

Encouragement is the best way to motivate other people. On its general meaning, motivation is the act or process for doing something; the condition of being eager to act or work and a force or influence that causes to do something.

Today, the teachers are accomplishing a lot of paperwork and reports and sometimes, these require them to double time in doing such extra works. Aside of the teachers’ duties and responsibilities, they also have to prepare their lessons, make instructional materials and exam for their learners to measure the learners’ understanding about the lesson. There are many reports to submit and these extra works have deadlines. It leads to burn out on the side of the teachers. However, as teachers, we should be flexible enough to perform those jobs. Proper motivation and encouragement may lessen the stress for all of us. Positive outlook about the certain things may motivate us teachers.

According to Mark Bowden, there are some ideas on how to turn negative stress into positive motivation. He implied that having stressful moments is a common experience that we all deal in our lives. He also believed that there are a lot of factors that people tend to feel stress in their workplace especially if there is something that starts to become too hard to handle. Mark Bowden suggested the following on how to cope up in a stressful moment.

1. Take a Moment for Reflection. Stressful moment are the perfect time to reflect upon what matters most in your life.

2. Start Continuing the Empowering Thoughts. When you start to feel stress creeping up into your heads you need to stop the urge to stress and think about the outcome you want for your life.
3. **Make Success your Reality.** When success in your mindset it influences the actions that you take in your life. This is positive reinforcement to create the life that you desire for your future.

4. **Your Stress is Fuel for your Success.** How you react to the stress in your life is what determines your future. Be reminded that you are not the only one who deals with stress, there are some people also dealt with difficult moments every day. Do not let the stress control your life instead, let it be your stepping stone to be more passionate about your job and work.

The greater thing is that you can actually turn your negative stress into positive motivation. When things do not go your way, you need to take time to relax and get your thought fixed and enlightened. Think logically rather than reacting negatively with your emotions. It will lead to your positive outlook about certain situation. Do not allow your stressful situation corrupt your passion about work.

References:

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