Teachers as surrogate mother think about the welfare and wellbeing of their students considering to be duty bound to take care of these youngsters. That often ignore their own wellbeing.

Teachers are good at managing classroom. Giving their optimum and passionate heart’s desire for the love of their profession.

Teachers strive to be significant making a difference for a desired output. Providing differentiated teaching strategies to what is demanded by millennial students.

Teachers openly makes imperfect to be perfect creating an intense arena of learning. Keeping abreast to be effective and valuable partaker of knowledge.

Undeniably, all these action runs after the good of the students and yet we failed to consider our own wellbeing. It is primordial that teachers manage their selves, taking time to get on from day-to-day challenges. Likewise believing that managing stress is vital in order to teach effectively and assist students with their tensions around learning. Therefore, teachers’ feelings are important. At times teachers had a roller-coaster of compelling and overwhelming feelings which can change drastically in a second to the extent that despair of one minute and then elated the next. These fluctuating emotions are unhelpful feeling and will impede the teaching and learning process.

So, how about if?

• Instead of trying to be perfect, recognize that weakness can be their strengths.
• Instead of trying harder, do it smarter.
• Instead of trying to be strong, try the humanely act.
• Instead of feeling tired and stress, focus and concentrate
• Instead of feeling bored, do a positive self-talk.
• Instead of feeling you want to rant, offload in a safe way.
• Instead of feeling drained, spend time with people who inspires you

And finally, pray and keep ourselves motivated…….

References: