

TEACHING AND THE STRESS THAT COMES WITH IT

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Stress has become a common word that everybody never fails to utter every day in school. From students to teachers as well as the staff and in just about anything, there are stressors. Some factors that cause stress in school are inattention of students in class, noise, students' hyperactivity, mistreatment, financial problems, too many workloads, too many deadlines, and just about too many demands in school, not to mention the demands at home.

Stress is a natural physical and mental reaction to life experiences (Pietrangelo, 2020). For situations that require immediate attention, stress can be helpful as it helps you cope with the situation. But when such situations multiply and have to meet deadlines, our body starts to panic and crumble. This can lead to serious health problems not only physically but also mentally. This article aims to give light on how to cope with stress in the workplace hoping it can be beneficial to all school personnel out there.

The Mayo Clinic calls "The Four A's" of framing stress management for teachers. Avoid. While teachers usually recommend facing the problems head-on, some stressors are better left avoided. this is only possible by planning solutions to daily stress like always coming late to work because of the traffic or having too many household chores to do before reporting for work. Catching stress from other workers can also be avoided. engage only in meaningful discussions and work-related conversations. Learning to say No to requests and favors can also help in stress management. In as much as additional workloads are a good

learning experience, there should be a limit because the body can only take too much. Avoid skipping meals as well. The body needs sustenance especially if one demands a lot from it.

Alter. Not all stressors can be avoided. When it is not possible to get around it, try alterations to cope with it. Start with balancing work and personal life. Set a schedule and stick with it. Plan so there is no need to cram and cramming causes stress. Being creative in financial management is also important. Invest in professional growth. Students can cause a lot of stress as well. Take a moment to reflect on how to enjoy the time with them. Setting the mood can make a lot of difference.

Accept. Acceptance of things that are new and demanding is one way to relieve stress. Sometimes, it is harder when there is resistance to the stimuli. Remaining positive and open to accepting that nothing is ever permanent is important. It can get exhausting but giving one's best always is one way to lessen stress at work. When the best effort is given, nothing is forgotten, and objectives are met. While most of the time teachers are all hands-on in their job, frustration and mistakes are part of it. Accepting imperfection is essential. Accept not only one's mistakes but also the imperfection of others. When everything else fails, accepting help from other people is advised. Counseling is a good way to relieve stress and worries.

Adapt. Adjusting our standards and expectation can make a difference in stress management. Accommodating the needs of students, co-workers, and superiors is part of the job. Make a way to go around with it while not abusing one's self.

Stress will always be a part of our lives. It must not destroy one's passion for education. Taking the time and effort to face the stressors is the only way that we can manage stress and make the most not only of our school work but also of our lives.

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