

DE-STRESS THE STRESS! (HOW TO COPE WITH STRESS AT WORK)

by:

Delia B. Cervantes

Teacher III, Orani South Elementary School

Work and stress are two seemingly unrelated things...until you are exposed in the real work setting. Surprise! They are related. In as much as we don't want to associate these two words, but sadly and oftentimes, they are connected to each other.

Work can trigger stress. Stress, on the other hand, can affect the performance at work. Stress can be caused by loaded works, piled up tasks, fully loaded schedules, among others. Work, meanwhile is affected if the stress level is too high.

So how are we going to face the stress at work? Let us check the ways.

Set realistic standards.

Too often, we get disappointed because we weren't able to meet our expectations. It will then trigger stress. Establishing realistic goals help us attain our objectives further and exposes us to the reality of life.

Prioritize the things to be accomplished.

Unless your name is SUPERMAN or WONDER WOMAN, you cannot do it all at once. Take it one task at a time. Write down the things that you must do and classify them according to their nature. Should they be highly prioritized, or there are more important task to do first. Take it step by step. Perform it one by one...soon you'll find out, you've finished all the works which need to be done.

Designate task.

Being a team leader doesn't mean you should do ALL the work. Tap the potential of other teachers. Many of us have talents but are just shy to volunteer or initiate. By designating task, we accomplish more activities, gather ideas and achieve goals. It also builds up camaraderie and harmony, as you recognize the talents of your colleagues and do not solely rely on your own ability. This also opens doors for others to participate. Your co-workers will also feel valued and appreciated.

Identify what gives you stress.

Take note of the things that cause you stress. Maybe they are connected to other aspects of your life that you should consider. Think of solutions on how to manage and deal them. Take steps like time management, division of labour, etc. If things aren't getting better, try to have some counselling sessions. In extreme cases, seeking professional help may be advisable.

Breathe In. Breathe Out.

If things are getting rowdy and out of hand, pause. Stop for a moment. Maybe your mind is getting toxic and it needs to rest. Don't force things to happen all at once. Take a moment to replenish. The more you force to finish something, the more it gets disruptive. Rest first. When the mind has cleared up, it is easier to proceed and concentrate.

Stress at work is inevitable. However, with proper ways, we can diminish its adverse effects. Learning the art of dealing with stress will help you live a healthier and longer life.

References:

<https://www.goguardian.com/blog/handling-teacher-stress>