

## DESSERTS FOR STRESSED

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The holistic personality of educators is vital to perform very well in the job, but how will they become the best of themselves when anxiety attacks?

Everyone is aware that teaching is one of the most difficult and stressful careers existing. And the majority are undoubtedly aware that most teachers are under considerable stress (Walker, 2018). Moreover, teachers leave the service early for a variety of reasons, including stress (Will, 2021).

According to Schaffhauser (2020), more than 9 in 10 teachers or 94% of teachers experienced stress and burnout when the COVID-19 pandemic closed most of the schools around the globe and transitioned to online teaching. Consuming large amounts of time on preparation than of the actual teaching made them feel overwhelmed over their main task – to teach.

In the meantime, studies mentioned by O'Bryan (2019), Kirsta (1987), and Nathan et al. (1989) indicated an increase in the desire for sweets as one of the warning signals of stress. Eating or drinking sweets, such as desserts, may reduce stress-related hormone production, according to the researchers of the University of Cincinnati (UC) (2005).

On the other hand, Timonina (2021) presented some surprising health benefits of desserts. First, these are packed with nutrients. The appropriate treats may provide fuel for your body and mind, even if they aren't the healthiest source of carbohydrates. Furthermore, delicacies like pumpkin pie and dark chocolate are high in whole foods, which give your body essential vitamins, fiber, and antioxidants. Second, desserts make

oneself happier. Serotonin and other mood-enhancing compounds can be produced in the brain and body by eating foods with a high percentage of carbs. Third, it can improve weight control. A lot of research has shown that adults who enjoy dessert but eat a healthy diet have a better chance of long-term weight loss. This is true because the body will respond to small amounts of desserts that make you feel good by satisfying its hunger for them. Lastly, desserts can offer convenient opportunities to incorporate more fruit into the diet. Fruit is an important part of your daily nutrition. It helps to stay healthy, strong, and immune to certain diseases.

For teachers who are looking for a healthy coping mechanism over stress and burnout, eating or drinking desserts may consider too.

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