

## STRESS MANAGEMENT STRATEGIES INSIDE THE CLASSROOM

by:

**Ana May P. Roberts**

*Teacher I, Kabalutan Elementary School*

"Classroom instruction today will never be the same as it was before." The negative actions of the children are one of the main problems and challenges of today that puts so much stress and pressure on teachers. The majority of the time, we frequently contrast the conduct of today's pupils with those from a few decades ago. According to several seasoned teachers, kids in the past were more disciplined, respectful, polite, and held teachers in higher regard. They also understood the value of education and believed that it was one of the keys to having promising futures. There is no denying that teachers of today's generation frequently struggled to manage the children in the classroom. Teachers frequently expressed their opinions on social media, claiming that they typically spent more time correcting students than educating, genuinely stressful. It merely serves as evidence that education is never simple in modern times. Additionally, teachers' stress levels are increased by the abundance of ASAP reports and paper work, whether they are completed online or offline. Given that we are currently experiencing the Fourth Industrial Revolution, the educational system that existed in the past cannot be compared to that which exists today. Occasionally, things might change or get better.

The truth is what it is. These are the actual situations that instructors encounter today. There are stressors everywhere. Anything can cause stress. If stress is not properly managed, it can occur repeatedly. There are no exceptions. Stress is a part of life, and whether we like it or not, we might feel it as we progress in our careers as teachers. Physical, emotional, social, and even spiritual stress is all possible. However, the question is: Is it possible to create a classroom that is stress-free? The answer may vary, but if we so want, it is feasible to have a stress-free classroom.

Our degree of arousal will also influence how much stress we might encounter on a regular basis. A person with a high level of arousal may go through more stressful times than someone with a low level of arousal. It is how we react to and perceive each circumstance. For instance, managing students with behavioral difficulties could not be unpleasant for you because you have already come to terms with the fact that these kids require love, care, and devotion; in other words, you have already embraced these difficult situations in a more optimistic way. However, some people find it difficult because they despise students that have behavioral issues. identical scenarios, but with various replies. This just serves to demonstrate that we have the ability to control our stress levels. To be stress-free when we travel, all we need is the right mental environment. We might think about the following advice for teachers on how to deal with and manage the aforementioned pressures in order to assist us have a stress-free classroom.

First of all, remember to express gratitude to the one who created us for the gift of life each day as you open your eyes. Ask Him to lead you and to give you His grace throughout the day. The most effective tool for winning every battle in life is prayer. When you pray, your heart and mind will be at ease, and you'll see the opportunity and blessing in every situation and difficulty.

Second, it's difficult to teach. There are challenges every day. As you face difficulties every day in the classroom, try not to become overly upset or exhausted. Laugh it off and approach it with assurance. You will become a better version of yourself because to this. Accept every challenge since doing so will help you become someone.

Third, maintain a positive attitude despite all the bumps on the road that come with becoming a great teacher. Yes, it can be difficult to remain upbeat when things are bad, yet doing so will make us feel at ease. No matter what issue arises in your classroom, remain composed and consider all options before acting. If we approach a problem negatively, the current problem won't be resolved, and you can run into another one.

Problems need answers in order to be solved. Whenever a scenario arises, react constructively.

Fourth, teaching will be stressful if you are not open to any changes that may occur occasionally. We can all agree that the Department of Education is working hard to support high standards in education and develop students who are prepared for the twenty-first century. They need to alter the system, make some adjustments, develop new laws, programs, and the like in order to accomplish this main objective. As a teacher, you may feel pressured and stressed by these changes, but we must follow and conform whether we like it or not. Avoid whining as much as you can because doing so could increase your workload and stress. Instead, whenever there are changes, accept them and constantly keep in mind that they are for the system's benefit as well as the improvement of the school, the teachers, and the students.

Last but not least, we ought to do what we love, not what we love. If you enjoy what you do, it will show in your compassion and productivity. Because of the responsibilities and demands of teaching, the majority of instructors wish to quit their positions and look for alternative employment. We must keep in mind that teaching is a noble mission rather than just a vocation. We need to start loving what we do in order to remain steadfast in this chosen mission because, in the end, we will discover that this mission is not only a fine profession but the noblest of all professions.

#### *References:*

Stress Management: [www.helpguide.org](http://www.helpguide.org)

Stress Management: [www.mayoclinic.org](http://www.mayoclinic.org)

<https://my.clevelandclinic.org>