

## TEACHER STRESS

by:

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All teachers know that teaching is one of the most stressful job. Stress and being overworked might lead to burnout. The key is to be organized and self-time. Teacher burnout is a common problem for many newly hired teachers. Lower your stress level and you'll improve as a teacher as well. Don't cut your career too short. Teaching profession would never be stress free. And knowing how you to deal with it will really matters . Here are some tips on how to lessen stressful teaching situations:

First thing's first.

You will have an unsuccessful career if your classroom and management system is a shambles. Conquering these is the first step closer to become a stress free teacher.

**Get Organized**

You can't perform effectively as a teacher unless you are organized anyway. Your daily lesson plans and Instructional materials should be done before the next school day- preferably the night before. This will be a lot of work yet having a smooth teaching day is worth it.

Teachers need to grade papers as soon as it is possible and not be piled up.

Teachers who let papers to grade pile are going to be in big trouble.

A pile of paperwork to be graded looks like an arduous task waiting to take its toll on your body- and it will. When teachers give a test or an exam, they should start grading them as soon as one student turns it in even if it means just partially grading the paper

because doing so will give you a good beginning. In fact, making your exam as easy to grade as possible, for instance, including more multiple choice questions, can do wonders in saving time and be more organized.

## Teachers Need School-free Days!

In conjunction with the above, you need to keep weekends as school free as possible. You need at least one of these days to be free as far as school work is concerned. Your brain needs some rest and as well as your body to be recharged. Avoid leaving your grading for the weekend. Teachers who do their grading over the weekend are really working 7 days in a week. Eventually, you will be burnout.

Teachers should never bring too much work on a weekend.

## Make Every School Day Break Count!

Elementary teachers have their recess and lunch. There is even the short time after school that you are required to be on school. Make these precious minutes count. Plan, organize, grade and make phone calls. Yes, you will be motivated to be relaxed and do nothing but keep in mind that the school is the best workplace. Teachers who get have done their work at school will have more free time at home. If you don't feel like grading at school, how do you feel when you see all the things that you need to accomplish and you're at home? Do not use your breaks to be prepared for your next lesson because you're supposed to be ready for it. Cramming about in the last minute and trying to figure out what you'll be teaching brings a bundle of stress.

## Teacher Needs Sleep

Sleep is a very important thing teachers should do and getting enough of it will definitely make them in the mood for a long day work ahead of them. Teachers with enough sleep gets in to school early and perform their tasks very well.

## Teachers, Not All is Possible

No matter how organized you are, there are certain things about teaching that are just stressful. The key is to have as much time away from school to do other things. Make your time away from school count as much as your days in class.

### *References:*

10 Ways to Handle Stress as a Teacher - Go Guardian <https://www.goguardian.com>

Teacher Stress: A Psychological Approach to Stressful Interactions in the Classrooms <https://www.frontierism.org>