

WAYS TO HANDLE STRESS AS A TEACHER

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Many are called to the teaching profession; and, like other professions, stress is unavoidable. Stress and being overworked may lead to burnout. Teacher burnout is not only common to newly hired teachers but also to those proficient in the teaching profession. Assessing your stress level by identifying the problem, observing your body's reactions, and recognizing your feelings will help you improve as a teacher. The teaching profession would never be stress-free. And knowing how you deal with it will really matter. Here are some tips on how to lessen stressful teaching situations:

First things first.

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

Get Organized

Every teacher knows that organizing a classroom can seem like a daunting task. It can be hard to know where to start and how to stay organized throughout the school year. However, being more organized can make your job easier and more enjoyable. Being organized helps reduce stress by making sure everything has its place. This means fewer things on our desks or shelves, which makes us feel better about ourselves and our work.

Teachers Need School-free Days!

Keep weekends as school free as possible. Your brain needs some rest and as well as your body to be recharged. Take care of yourself with daily exercise and healthy eating

habits. Spend time with your family or friends to bring balance to your personal life and professional work. Finally, get quality sleep to manage your stress levels.

Make Every School Day Break Count!

Teachers need a break. Make these precious minutes count. Plan and organize your task, school is the best workplace. Teachers who have done their work at school will have more free time at home.

Teacher Needs Enough Rest and Sleep

Sleep is a very important thing teachers should do and getting enough of it will set their mood for a long day's work ahead of them. Remember, everyone should have a minimum of eight hours of sleep per day to be productive.

Teachers, Not All is Possible

Stress is a part of any profession, managing your stress will define you as a teacher and as an individual. Try the best strategy that works for you so that you can establish your go-to solution to ease teacher stress.

References:

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