

OVERCOMING ANXIETY: THE UNSEEN BATTLE OF TEACHERS IN THE CLASSROOM

by:

Camille Faye D. Casalme

Teacher I, Luakan National High School

Teaching is a challenging and rewarding profession that requires a great deal of dedication, patience, and resilience. However, even the most experienced and passionate teachers can struggle with anxiety and stress, which can make it difficult to perform their jobs effectively. Despite the challenges that anxiety can bring, many teachers find ways to cope and continue to work with their students.

Anxiety attacks can strike at any time and can be triggered by a variety of factors, including workload, classroom management, student behavior, and personal issues. For teachers who experience anxiety attacks, the symptoms can be overwhelming and can include feelings of panic, rapid heartbeat, sweating, and difficulty breathing. These symptoms can make it difficult to concentrate and can interfere with the ability to teach effectively.

Despite these challenges, many teachers find ways to manage their anxiety and continue to work with their students. Some teachers may seek support from their colleagues or seek professional help from a counselor or therapist. Others may find that practicing relaxation techniques such as deep breathing or mindfulness can help to reduce their symptoms and increase their ability to cope with stress.

Another way that teachers cope with anxiety attacks is by creating a supportive and positive classroom environment. By building positive relationships with their students and creating a safe and welcoming space, teachers can reduce the stress and anxiety that can arise from classroom management issues or disciplinary problems. By

fostering a sense of community and respect in the classroom, teachers can help to reduce the likelihood of conflict and stress and create a positive learning environment for their students.

Finally, many teachers find that maintaining a healthy work-life balance is essential to managing their anxiety and stress levels. By setting realistic expectations for themselves and their students and by prioritizing self-care activities such as exercise, hobbies, and spending time with loved ones, teachers can reduce the likelihood of burnout and maintain their mental and emotional well-being.

In conclusion, teaching can be a challenging and rewarding profession that requires a great deal of dedication, patience, and resilience. For teachers who experience anxiety attacks, it can be difficult to perform their jobs effectively. However, by seeking support, practicing relaxation techniques, creating a supportive classroom environment, and maintaining a healthy work-life balance, teachers can continue to work with their students and provide a positive learning experience.

References:

- Kyriacou, C. (2001). Teacher stress: Directions for future research. *Educational Review*, 53(1), 27-35.
- McCarthy, C. J., Lambert, R. G., O'Donnell, M., & Melendres, L. T. (2009). The relation of elementary teachers' experience, stress, and coping resources to burnout symptoms. *Elementary School Journal*, 109(3), 282-300.
- Skaalvik, E. M., & Skaalvik, S. (2015). Job satisfaction, stress and coping strategies in the teaching profession – What do teachers say? *International Education Studies*, 8(3), 181-192.
- Chang, M. L. (2009). An appraisal perspective of teacher burnout: Examining the emotional work of teachers. *Educational Psychology Review*, 21(3), 193-218.