

COPING MECHANISM FOR TEACHERS: OVERCOMING STRESS IN THE CLASSROOM

by:

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Teaching is a rewarding profession, but it also comes with its fair share of stressors. The pressure to educate, inspire, and manage a classroom full of students can take a toll on a teacher's well-being. To overcome the stress that teachers face inside the classroom, it's essential to develop coping mechanisms that help maintain a healthy work-life balance and ensure effective teaching.

According to Rajesh C. et. al., (2022), "Psychological well-being and coping strategies among secondary school teachers" In-school teachers have the greatest impact on student growth, holistic learning, and academic success. Psychological well-being and coping abilities affect these educators' personal and professional growth. Teacher happiness is essential for student satisfaction, especially in maintaining a stable environment and improving academic performance. Poor health and coping skills cause teachers' severe stress. It suggests that better teacher coping abilities and well-being would lead to more creative, demanding, and effective guidance and better educational outcomes.

The strategies listed below may help you overcome stress in the classroom. It can also help you relax and gain mental focus.

Mindfulness and Relaxation Techniques: Incorporating mindfulness practices into your daily routine can be a game-changer. Techniques such as deep breathing, meditation, and progressive muscle relaxation can help reduce stress and increase emotional resilience. Take a few minutes before or after class to center yourself and focus on your well-being.

Time Management: Effective time management is crucial in a teacher's life. Use tools like calendars, planners, or digital apps to organize your tasks and prioritize them. Setting realistic goals and allocating time for both work and personal life helps maintain a healthy balance.

Seek Support and Build a Network: Share your experiences and challenges with colleagues or mentors. Connecting with fellow educators who understand your profession can be immensely comforting. Collaborating, brainstorming, and learning from others can help lessen stress.

Self-Care: Prioritize Your own health and wellness. Get plenty of rest, work out frequently, and eat healthy foods. Your physical and emotional health are greatly affected by these little lifestyle decisions.

Effective Classroom Management: Proactive classroom management can reduce stress during class. Set clear expectations and rules, and communicate them to your students. Consistency in enforcing these rules will help create a more controlled and focused learning environment.

Regular Breaks: Take short breaks during the school day to recharge. These brief moments of respite can help you clear your mind and return to teaching tasks with renewed energy.

Open Communication: Foster open communication with your students. Encourage them to express their concerns, questions, or feedback. This can create a supportive and collaborative classroom environment, reducing stress for both you and your students.

In conclusion, teachers face unique challenges in the classroom, and stress can be a natural by-product. However, by incorporating these coping mechanisms into your daily routine, you can effectively manage and overcome stress. Remember that taking

care of your well-being not only benefits you but also enhances your ability to provide the best possible education to your students.

References:

Rajesh C. et. al., (2022), "Psychological Well-being and Coping Strategies among Secondary School Teachers": A cross-sectional study. J Educ Health Promot. 2022 Jun 11; 11:152. doi: 10.4103/jehp.jehp_1248_21. PMID: 5847148; PMCID: PMC9277760.