

COPING WITH TEACHERS' STRESSORS

by:

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One of the biggest threats to teachers is stress. While some stress is normal, too much stress can be harmful to your productivity as well as your physical and mental health. Effective stress management is frequently the key to success or failure. Stress is often misinterpreted, which causes problems that might be avoided. One of the most basic issues affecting teachers at work is stress. The phenomena of stress has been a hot topic in management development, seminars, and workshops worldwide for the past 25 years. There are several clear reasons why stress is so popular. Teachers are not exempt from stress, and we may find ourselves in a circumstance that makes others feel stressed.

The teaching profession is characterised by high levels of stress, yet one aspect significantly influences whether or not teachers are still satisfied with their work: their capacity to handle the stress. Six positive, healthy coping mechanisms that teachers might employ to handle stress were presented by Woods and co-author Keith Herman, a professor at Missouri.

Start by listing the blessings that you have. According to the researchers, keeping a gratitude or affirmation notebook can be an easy approach to change your perspective for the better. Second, be mindful of your emotional state. According to Herman, he advises educators to make it a habit to check their mood at least once a day and record situations that are linked to either a positive or negative mood. Third, keep clear of gossip and ranting sessions at work. According to Herman, it can be tempting to sympathize with coworkers. However, dwelling on workplace annoyances for too long can have a negative, long-lasting impact on your attitude. Next, engage in

adaptive thought and behavior. Adaptive coping refers to altering your thoughts or behavior to deal with difficult situations or emotional suffering. Changing expectations or taking steps to lessen stress are two instances of this coping method. Next, look for opportunities for professional growth. "There's not a simple solution to any of this, but set goals around different areas that you'd like to get better in and see how much of a difference it makes in your stress level." Finally, he suggested starting a book club. Getting feedback or professional development on skills that you struggle with can help. Herman also suggested meeting with coworkers once a week or every two weeks to discuss evidence-based stress management techniques. He stated that a school administrator should ideally organize or facilitate this since it sends a crucial message to staff members to deliberately set out time during a hectic school day to concentrate on coping mechanisms.

Everybody has a different way of handling stress. Some teachers may only need to go out with their loved ones or watch Netflix. To restore their inner peace, some might attend church.

However, I hope that Woods and Keith Herman's coping mechanisms could help you in managing your stress.

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