

TEACHER ENERGY: FUELED BY COFFEE AND CHAOS

by:

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Truly, being a teacher is more than just a job. To do it every day, you need skill, patience, and strength. Teachers have to meet high standards, deal with changes all the time, and do a lot of things at once. Every day, you have to plan lessons, give grades, manage classrooms, do paperwork, and the integration of technology. Many teachers drink coffee as soon as they wake up. It's a little ritual that helps them get ready for the chaos of the day. The coffee gives them energy, but their love and dedication to their students keep them going in their hearts and minds.

Research shows that these demands are more than just tiring. Gudelus and Mabitad (2025) say that teachers' physical and mental health can suffer from having too much work to do and doing too many things at once. This can also affect how they teach. Villa and Valle (2025) also emphasize that teachers need to be strong emotionally to stay motivated and do their jobs well, even when things get tough. You need more than just stamina to be a good teacher. You also need to be caring, dedicated, and strong emotionally.

Using technology to teach is great, but it can also make you more stressed. Teachers need to learn how to use new platforms, deal with digital communications, and fix technical problems, often while they are teaching. Work-Related Burnout on Psychological Well-Being (2023) says that technostress is a big reason why teachers get tired and burned out. Teachers have a lot to do, and they need to stay focused while making sure that each student learns something useful.

Even with these problems, teachers keep getting up every day. Things that can't be measured or timed motivate them. A student finally understanding a difficult concept, a quiet "thank you" after a lesson, or the whole class laughing together can make you feel better. These small victories are what keep teachers going. They remind teachers why they chose this job and why they care so much about their students.

Teaching is a very human thing to do. It has to do with having faith in each student's potential, being patient, and understanding. Teachers teach students how to be strong and responsible, and they want them to do the same. They may get their energy from coffee, but what gets them through the chaos is their care, determination, and hope. Teachers figure out how to get by and do well. They plan their work, ask for help when they need it, and take breaks to think about what they've done. These habits help them deal with the stress that comes with their job, both physical and mental.

In the end, teaching is hard but also very rewarding. There will always be chaos at work, but the times when we connect, understand, and grow make each day worth it. Teachers get up every morning with a cup of coffee and get ready for the day. They drink coffee, work hard, resilient, and believe that what they do will make a difference in the lives of their students. There may be chaos, but there will also be smiles, small wins, and quiet achievements that make teaching worthwhile.

References:

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