MANAGING WORK-RELATED STRESS:
A Guide for Educators
Is this you?

Could this have been you?
Ice breaker

"STRESS"

The confusion created when one's mind overrides the body's basic desire to choke the living daylights out of somebody who desperately needs it!
Stress by the numbers

- 100% of teachers said they suffered with stress
- 83% of teachers feel constantly tired because of their worries
- 42% feel less able to do their job as a result and 66% said stress caused them to be less patient with others.
- 84% of teachers surveyed felt they would probably be a better teacher if they were less stressed.
- Teachers take on average 13.2 days sick leave
- 76% of teachers agreeing that stress was affecting their health and lifestyle. More men (31%) than women (26%) admitted to suffering stress due to health related concerns.
- 51% of respondents said work issues had the biggest impact on their well-being, creating higher levels of stress than any other area
- 43% of teachers said they were definitely more worried about finances as a result of the recent changes.
- The survey also discovered that secondary school teachers rate themselves as slightly more stressed than those in the primary sector.
- Teachers were more likely to feel the impact of stress than heads of departments, subject coordinators, administrators
- 79% of the 31-40 age group are most keenly aware that stress was having an impact on their lives.
Causes of Work-based Stress

External and Internal Factors

- Paperwork
- Administration
- Parent Conflict
- Performance demands
- Student Behaviors

YOU
WARNING!

STRESS OVERLOAD AHEAD
National Education Statistics

37%
Of teachers leave the profession to pursue another career

40-50%
Of teachers leave the profession within five years

75%
Of teachers’ health problems are caused by stress
Effects

Job

Family

Health
Coping Strategies

- **Staying ahead of your work** is a good way to relieve the pressure of schedules.

- **Doing the hard things first**, particularly if they have a great deal of emotional content.

- **Getting enough sleep is a must**. Know how long you can get along with a reduced amount.

- **Do the difficult tasks in phases**. Often a “first draft” will get you 80 percent of the way along.

Making it work at work

- **Have planned recreation and hobbies**. Setting aside time for this activity helps one to relax. People enjoy different methods of unwinding.

- **Admitting and verbalizing the causes for your own irritations** (be they lack of sleep, overworking, too much stress or what have you)

- **Facing up to the fact you really can’t do all the things you scheduled**
Stress Control Techniques

1) **Breathing**: Breathing exercises can be used at all times during the school day.

2) **Visualization**: This exercise can be used at the beginning, middle, and end of the school day.

3) **Positive Statements**: Morning Affirmations in mirror, car, etc.
WITH Students

Positive Communication: Encourage children to be more expressive

Problem Solving: Help students develop responsibility for problem solving.

Massage: Massage can help students calm down. When doing massaging activities, encourage students to take deep breaths. Play soft background music.

• Music: Super learning music can be played at all times during the school day.
• Yoga: Slow moving yoga exercises can be used to help channel positively, the naturally high energy that children have.

DEVELOPED BY JENNIE C. TROTTER, WHOLISTIC STRESS CONTROL INSTITUTE, INC. 1986; ATLANTA, GA.
• **Color Sensitivity:** Use color as much as possible in the classroom, and be aware of the energies that different colors transmit.

Vitality/food  Calming/Clarity  Relaxing/Order  Wisdom

• **Left Brain/Right Brain Dominance:** Set up an anger center in the classroom. Include:
  • posters
  • anger bag and contents (pillow, soft ball, crayons or color pencils, play dough, teddy bear, etc.)
  • relaxation tapes (earphones optional).
Create your own Stress Less Bucket List
“Adopting the right attitude can convert a negative stress into a positive one.” ~ Hans Selye
‘You need to go home, take a long relaxing bath surrounded by aromatic candles and do an hour of yoga; but that’s out of the question. How about a five minute smoking break?’