SITERO FRANCISCO MEMORIAL NATIONAL HIGH SCHOOL

Sta. Monica Subdivision Ugong Valenzuela City

**DEPARTAMENTO NG EDUKASYON SA PAGPAPAKATAO**

**Date: February 21, 2019**

**Stress Management for Teachers**

* What causes YOU stress?
  + Emergencies
  + Life events
  + Daily hassles
* What is Stress?
  + - Mentally or emotionally disruptive or upsetting condition
    - In response to adverse external influences
    - Capable of affecting physical and emotional well-being
    - “stress is a condition or feeling, experienced when a person perceives that demands exceed the personal and social resources the individual is able to mobilize”
* What could stress do to us?
  + Fatigue
  + Increased blood pressure
  + Loss of focus
  + Irritability
  + Lack of motivation
  + Depression
  + BURNOUT
  + Unhappy person
* Strategy

- Identifying the source of stress in your life.

-Think about the ways you currently manage and cope with stress in your life

-Habits, attitude, and excuses - PROCRASTINATION

-Accept responsibility for the role you play on creating or maintaining your stress.

* Need for help?

If you can’t avoid a stressful situation, try changing the way you communicate and operate in your daily life.

(Express your feelings, compromise, assert, manage your time better)

* Take Time for Yourself

Pamper yourself in small ways.

-AROMATHERAPHY

-GO TO THE SALON

-PLAY GAMES

-FOLLOW YOUR INTERESTS

-EXERCISE

Remember Why You Teach

“I keep these reasons for teaching close to my heart.”