



Managing Stress for Teachers

Taking care of **you** as a teacher is an important part of being present, attentive, and ready for each day. When an unexpected stressful event arises, make sure to spend extra time on stress relieving techniques.

Find the techniques that best work for you. Here are some examples:

Daily Exercise:

- Going for a walk before or after the school day starts to clear your head. Try going with a friend if you rather have someone to talk to.
- Consider enrolling in a group exercise class.

Stress Log:

- Document your stress. Look to see if there is a pattern to your stress, and be sure to notice feelings come up for you. Figure out what you can do about it. Look back on your notes from your stressful event to be more prepared for next time.

Healthy Eating:

- Although your first inkling may be to reach for something sweet or salty to calm stress, healthier alternatives can actually help you cope and even reduce stress. Plan ahead—bring healthy snacks to keep at your desk or in your classroom to have on hand.

Positive Affirmations:

- Just taking a quick glance at a quote of encouragement, or at a picture of a place that makes you feel relaxed or happy can instantly perk up your mood and relieve stress.

Keep Open Lines of Communication:

- Make sure to allow time to meet as a teaching team if part of a group, or with your site director or supervisor to continue open lines of communication. Check in with someone else to share how you are feeling.

Relaxation Techniques:

- Practice taking deep breaths.
- Laughter is a great remedy for stress—find a friend, pet, or anything that makes you smile and laugh!
- Treat yourself to 'me time' that includes pampering yourself (massage, time at the salon, a long bath, listening to soft music).
- Place a reminder of relaxation techniques somewhere that you always are (your desk, water bottle, your kitchen).

Realize what you can and cannot control. Many times you cannot control what happens around you, but you can control your response to manage the stress.