


Stress Management for Educators



4 Ways to Stay Calm & Collected

How are you feeling about your profession? According to a recent study, 61% of educators indicated that their work is “always” or “often” stressful. Three factors were identified as the causes of teacher stress, including inadequate resources for dealing with behavioral problems, increased focus on standardized testing, and unstable leadership at the school level. Teacher stress has become an epidemic that seems to be passed on to students, which impacts learning. Working with students with DBD can take a toll on the educators’ mental, emotional, and even physical well-being. Combat Stress with these methods:

DO THINGS YOU ENJOY

Whether it's reading for pleasure, having coffee with a friend, working on a creative project, exploring new places - Devote time with the people and things that bring you joy outside of school.

seek joy



DEEP BREATHING

Take a moment to focus on your breathing when you start to feel anxious, stressed or overwhelmed. Try the 4-7-8 breathing method. Breath in for 4 seconds, hold for 7, breath out for 8, repeat.

4-7-8



EXERCISE AND GREEN SPACE

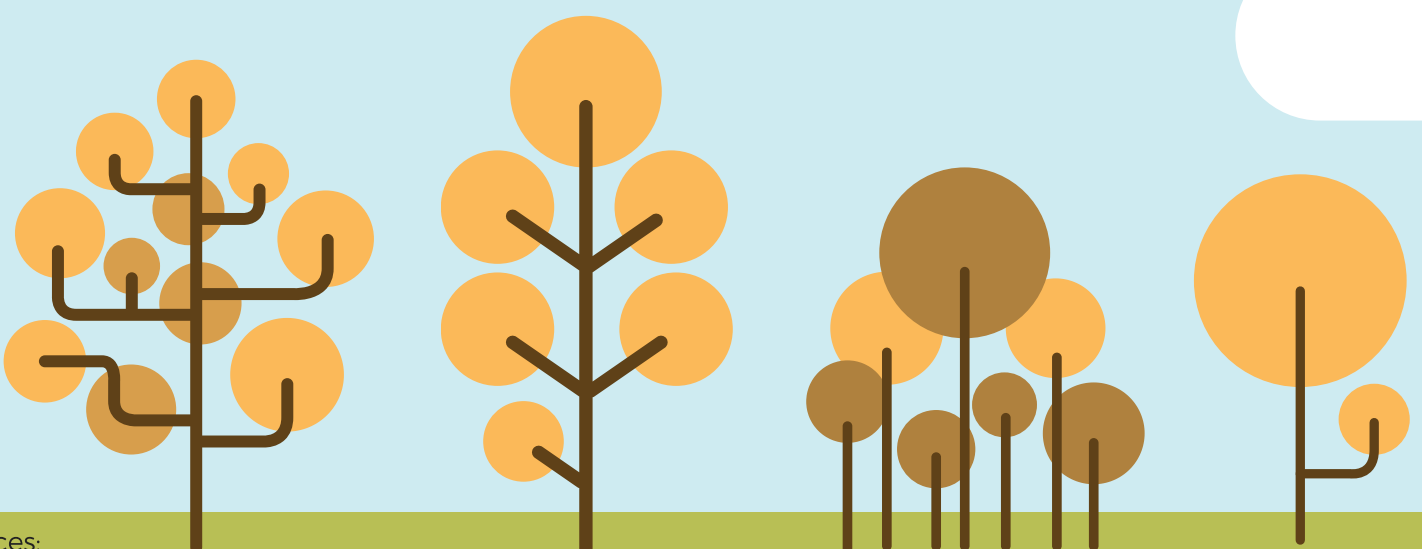
Walking, biking, stretching, jogging, yoga - physical activity can do wonders for your overall health. As a bonus, head outside and get a big dose of Vitamin D to boost your mood.

Vitamin D

GET PLENTY OF SLEEP

There are numerous benefits of getting 7-9 hours of sleep each night, such as lower blood pressure, reduced stress, an increased level of alertness, and improved memory. Everything seems more manageable after a good night's sleep.

7-9 hours



Sources:

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