

Let's

Talk

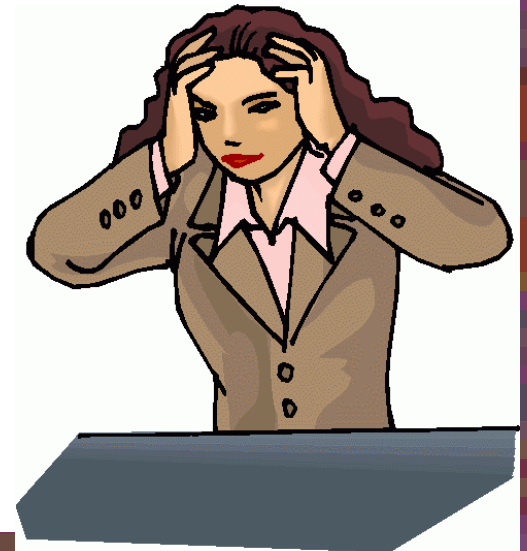
Stress

Created by: Ivret Williams

Modified by: The Education Department

What is stress?

Stress is the way you feel or how your body reacts when pressure is placed on you.



What is stress?

“An excess of demand made upon the adaptive capabilities of the mind and body” and is seen in the form of a physical demand, a mental demand or both (Russell, 2000).



What Does stress Do To You?

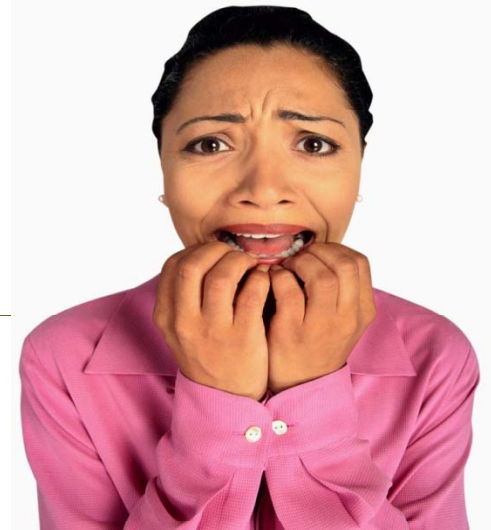
When faced with a situation that makes you stressed, your body releases chemicals, including serotonin, adrenaline, and noradrenaline.



- **The chemicals that are released by your body as a result of stress can build up over time and cause various problems. The problems can be mental, social emotional and physical.**

When Does Stress Become Harmful?

- **When it lasts too long**
- **When it occurs too often**
- **When there is too much**



Three Stages of Stress

- ✓ **Alarm reaction Stage:** the body identifies and reacts to the stress. Hormones released to help in defense.

Three Stages of Stress

- ✓ **Resistance Stage:** the body continues to resist the stressors as they persist.

Three Stages of Stress

- ✓ **Exhaustion Stage:** body and mind are unable to make the necessary adjustments to resist the stressors.

Factors Increasing Vulnerability to Stress

- **One's personality:**
 - The Workaholic
 - The 'perfectionist'
 - The 'Messiah' complex
 - The competitive individual
- **One's socialization**



Factors Increasing Vulnerability to Stress

- **One's physical health**
- **The quality of our interpersonal relationships**
- **One's lifestyle**
 - Active
 - Living above one's means
- **One's physical health**



Factors Increasing Vulnerability to Stress

- **The degree of others' dependence upon us**
- **Expectations of self**
- **The amount of support we receive from others**



Factors Increasing Vulnerability to Stress

- **Changes or traumatic events that have recently occurred in our lives.**
- **Inner conflicts**
- **Responsibilities and commitments**



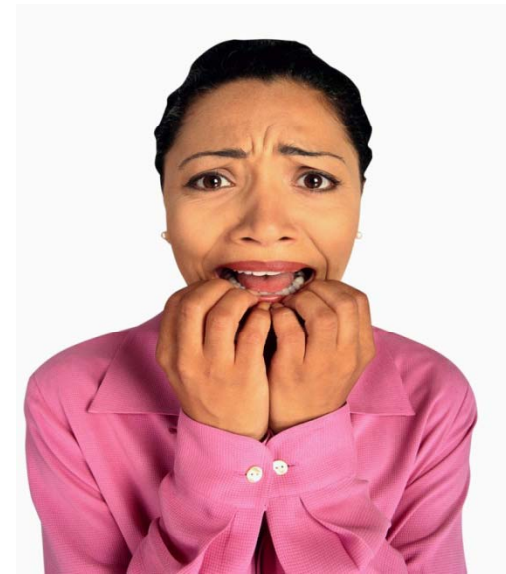
Physical Manifestation of Stress

- Muscular tension (Muscle twitches and strains)
- Insomnia
- High blood pressure
- Lowered immune system
- Decreased ability to heal wounds



Physical Manifestation of Stress

- Affects fats in the blood making heart attacks and strokes more likely
- Fatigue
- Breathlessness
- Tightness of chest
- Headaches



Physical Manifestations of Stress

- Changes in eating habits
 - - poor appetite/binge eating
- Numbness of hands and feet
- Dry mouth/ Grinding teeth
- Indigestion



Physical Manifestations of Stress

- Increased bowel movements
- Back aches and neck aches
- Excessive sweating
- Frequent attacks of infection and influenza



Social Manifestations of Stress

- Shouting at others
- Nagging
- Less social contact
- Isolation
- Reduced sex drive
- Disturbed relationships with family members



Mental Manifestation of Stress

Pessimism

Low concentration

Forgetfulness

Lethargy

Confusion

Indecisiveness



Attention span limited

Poor memory

Emotional Manifestation of Stress

Depression

Irritability

Easily angered

Verbally abusive

Crying for no apparent reason

Feeling helpless

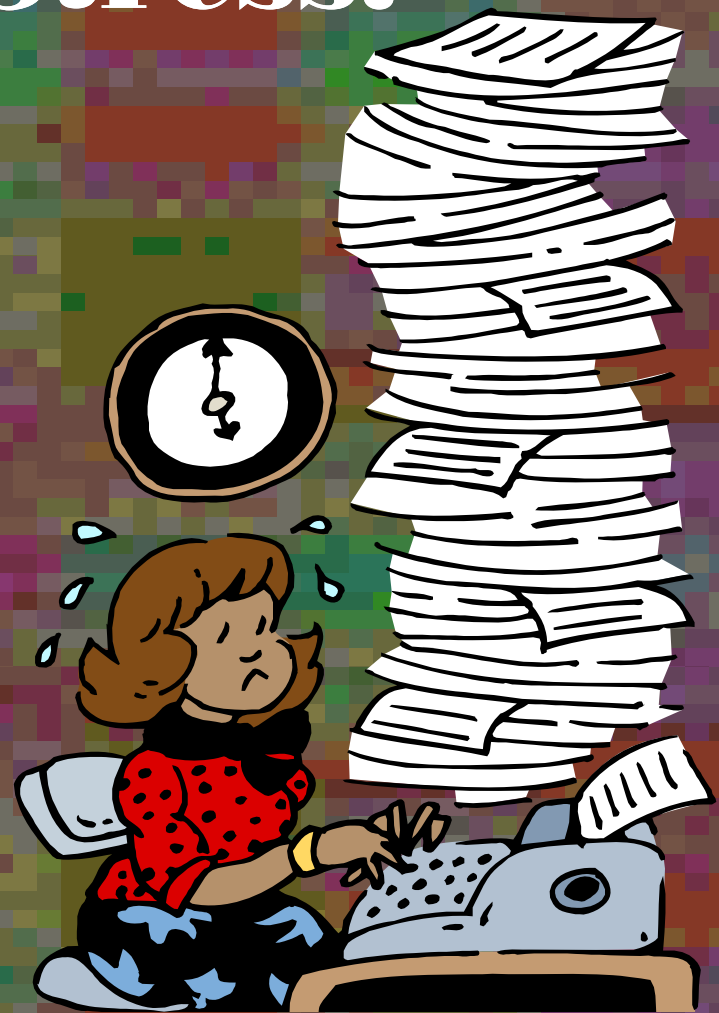
Feeling hopeless

Moodiness

Anxiety

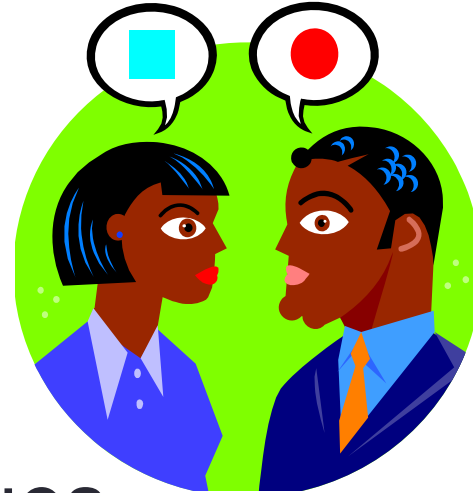


Sources of Stress!



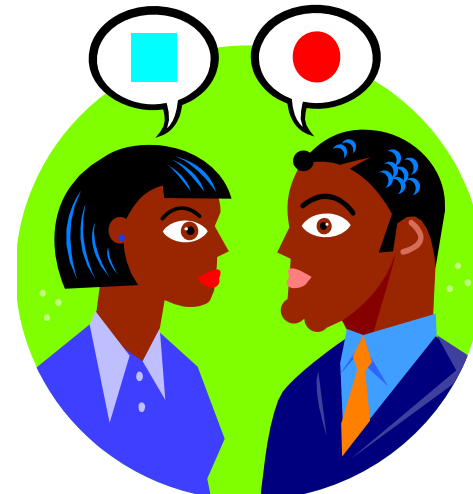
Sources of Stress

- Poor Communication
- Lack of resources
- Relationship with colleagues
- Rebellious students
- Disagreement in disciplinary measures



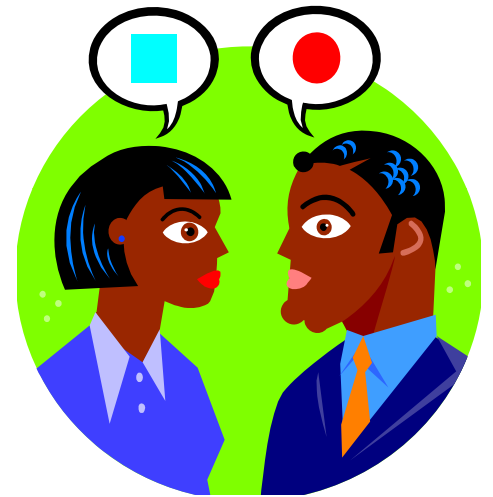
Sources of Stress

- Lack of job security – budget cuts mean teacher cuts
- Decreased job mobility
- Low salaries
- Annual incremental raises not in pace with cost of living



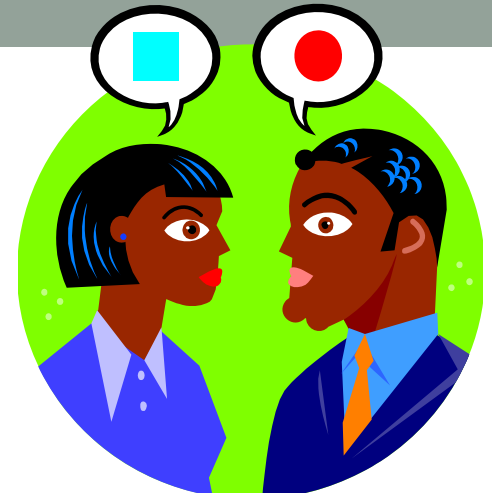
Sources of Stress

- Poor classroom working conditions (small room, many students)
- Lack of adequate instructional materials and teaching resources
- Lack of proper facilities within a school (lighting, noise, room structure)



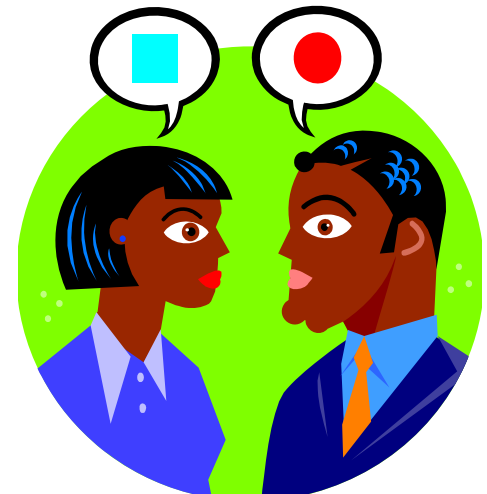
Sources of Stress

- Interruptions during teaching time
- Conflict between amount of time to teach and curriculum
- Teachers roles: teacher, mother/father, coach, counselor
- Heavy workload gives teachers no time to relax within a day



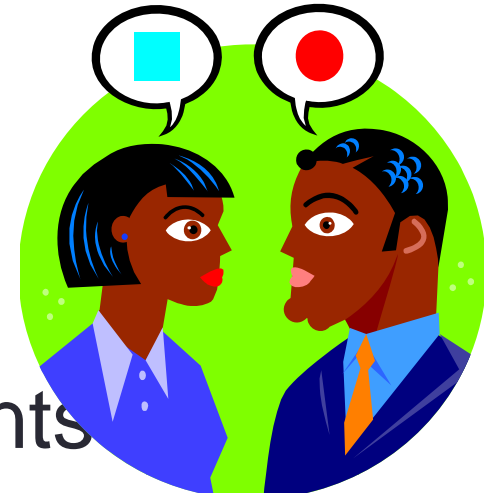
Sources of Stress

- Teachers bring work home daily
- Standardized Assessment
- Physical and Mental abuse by student
- Teachers' personal problems
- Overcrowded classroom



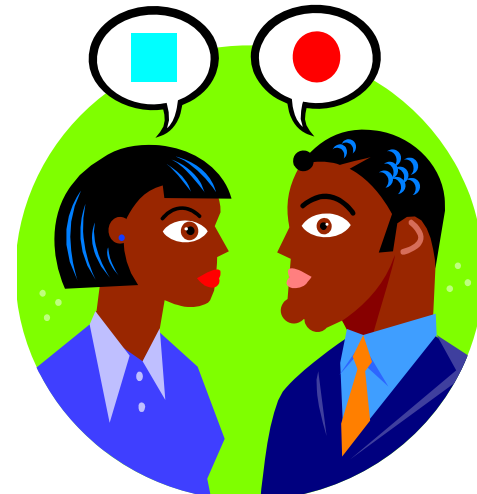
Sources of Stress

- Violence in schools
- Unmet needs of teachers/students
- Unsupportive climate and culture
- Perception of self efficacy



Sources of Stress

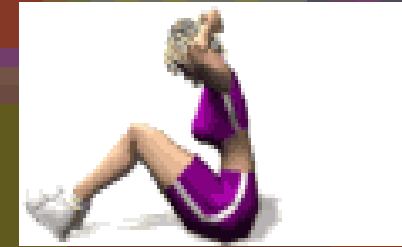
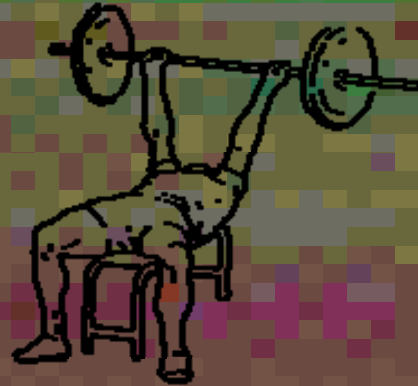
- Requirements of the ministry of education/administration
- Ineffective management strategies
- Class composition



Managing Stress



RELAXATION



REGULAR EXERCISE





- Talk to a trusted friend.



- **Sleep**
- **Learn to say no**
- **Be thankful**



Managing stress

- **Take time-outs- recharge your batteries.**
- **Listen to music**
- **Harness the power of laughter.**



Write

Managing Stress

The ABCs of Managing Stress (Brown, 2003)

- ✓ A- Acknowledge: Acknowledge the stress
- ✓ B- Behaviour Modification: modify or change your behaviour
- ✓ C- Communication: Communicate with students and other staff

Managing Stress

- To manage stress means changing something.

Change the source of stress.

Or

Change your reaction to it.

- Utilize skills and abilities that you have gained over the years

Managing stress

- Learn to manage your time more effectively
- Make small changes towards a healthier lifestyle
- Know your limitation and do not take on too much
- Avoid unnecessary conflicts

Managing stress

Proactive methods:

- Have a strong mental state
- Establish clear classroom expectations
- Control the work environment

Ten Commandments of Reducing Stress (Russell, 2000)

1. Thou shalt not be perfect or even try to be.
2. Thou shalt not try to be ALL things to All people.
3. Thou shalt leave things undone that ought to be undone.

Ten Commandments of Reducing Stress (Russell, 2000)

4. Thou shalt not spread thyself too thinly.
5. Thou shalt learn to say 'No.'
6. Thou shalt schedule time for thyself and support network.

Ten Commandments of Reducing Stress

7. Thou shalt switch off and do nothing – regularly.

8. Thou shalt be boring, inelegant, untidy and unattractive at times.

Ten Commandments of Reducing Stress (Russell, 2000)

9. Thou shalt not feel guilty.

10. Thou shalt not be thine own worst enemy but be thine own best friend.

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Stress Test (10 minutes)

Answer yes or no to the following questions:

- 1. Do you worry about the future?
- 2. Do you sometimes have trouble falling asleep?

Stress Test (10 minutes)

- 3. Do you often reach for a cigarette, a drink, or a tranquilizer in order to reduce tension?
- 4. Do you become irritated over basically insignificant matters?

Stress Test (10 minutes)

- 5. Do you have less energy than you seem to need or would like to have?
- 6. Do you have too many things to do and not enough time to do them?

Stress Test (10 minutes)

- 7. Do you have headaches or stomach problems?
- 8. Do you feel pressured to accomplish or get things done?
- 9. Are you very concerned about being either well liked or successful?

Stress Test (10 minutes)

- 10. Do you perform well enough in life to satisfy yourself?
- 11. Do you get satisfaction from the small joys or simple pleasures of life?
- 12. Are you able to really relax and have fun?

Stress Test (10 minutes)

- **Scoring: Give yourself one point for each question 1 — 9 with a yes response and one point for each question 10-12 with a no response.**

Stress Test (10 minutes)

- **If your score is four or more, then you may be under significant stress.**

Prayer of serenity

God grant me the serenity
to accept the things
I cannot change
Courage to change
the things that I can
And wisdom to know the
difference

- *Reinhold Neihbur*

References

- Brown, N; Brown, L. & Brown, S. (2003). The ABC's of Managing Teacher Stress. Clearing House. 76:255-258 May/June.*
- Russell, J. (2000). Stress Free Teaching, A Practical Guide to Tackling Stress in Teaching, Lecturing and Tutoring. London: Kogan Page Limited, 2000.*



The End