

Managing Stress

I am sure it will not surprise you that in the March 2021 YouGov/Teacher Track survey found that 82% of teachers currently describe themselves as stressed at work. As professionals we are working incredibly hard to support our pupils and their families through a tough time of change and uncertainty, but we must not forget that we must also look after ourselves.

There will be many different things (stressors) that will stress us out and this will differ from one colleague to the next. It may depend on your level of experience, your role or even your personality. What the most important thing is that you can recognise when you are stressed and have the tools to try to reduce your stress levels.

Symptoms of Stress

According to [Teri Wood and Chris McCarthy](#), both researchers, symptoms of stress include the following:

- Feelings of irritation and inadequacy when thinking about school.
- Physical symptoms such as headaches and insomnia
- Withdrawal from colleagues or conflicts with colleagues
- Difficulty concentrating at work.
- Absences or the desire to miss school.

How to handle stress
Practical advice for teachers and education staff.

- 1 Know your priorities**
- 2 Be aware of what stresses you out**
- 3 Forgive yourself: don't dwell on past mistakes**
- 4 Don't bottle up anger and frustrations**
- 5 Set aside time for recreation and exercise**
- 6 Take your time**
- 7 Practice gratitude**
- 8 Cut down on drinking, smoking, sedatives and stimulants**

Helpline: 08000 562 561
education-support.org.uk

Education Support

The Guardian – 10 ideas to help teachers beat stress.

<https://www.theguardian.com/teacher-network/teacher-blog/2013/nov/06/teachers-beat-stress-10-ideas>



Mindfulness

There is strong scientific research to support the positive impact that Mindfulness can have on reducing daily stress levels and promoting wellbeing.

BRIEF MINDFULNESS EXERCISES

Take little moments throughout the day to practice mindfulness.

Just sit quietly with your eyes closed.

Simply take a moment to contemplate and reflect.



Pause before you speak and act.

Pause to consider what you are going to say before speaking. Take a two- or three-ring pause before picking up the phone to think about your intention.



Be fully present.

Deliberately give your full attention to whatever it is you are doing. When you're with family and friends, focus on being fully present with them. When you're at work, direct your focus and attention there.



Be right here, right now.

Try not to dwell in the past or think about the future.



Practice mindful stretching.

Slowly stretch each part of your body. Be aware of your breathing as you stretch.



Whatever it is you are doing, just do that.

If you're making a cup of tea, just make a cup of tea. If you're spending time with your child, just be with your child.



Everything on MINDFULNESS!

WHAT IS MINDFULNESS?

Mindfulness is the basic human ability to be fully present. During this state, we are aware of where we are and what we're doing. We are not overly reactive or overwhelmed by what's going on around us.

Everyone can be mindful, and we can practice being mindful anytime and anywhere!

WHY BE MINDFUL?

Mindfulness has benefits including:

- Reduced racing thoughts
- Stress reduction
- Boosts working memory
- Higher brain functioning
- Increased clarity
- Lowered anxiety and depression



[Mindfulness for Teachers: 9 Easy Activities to Stay Calm in a Stressful Job - TEACH SMART with me](#)



Headspace is a science-backed app in mindfulness and meditation, providing unique tools and resources to help reduce stress, build resilience, and aid better sleep.

FREE subscription for teachers

www.headspace.com/educators