


Stress reduction suggestions worksheet answer key

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"I'm totally stressed." She listens attentively when the teachers repeat that almost routine mantra. They could be experiencing stress that affects their performance, their students and their personal lives. But the stress does not have to take a toll. High betting exams. Demanding administrators. Challenging students. It is not surprising that the teachers stressed! Every day, these circumstances can challenge teachers to do their jobs well or overwhelm them. The status is physiological: negatively affects the way the brain and nervous system work. Critical cognitive processes à € "Those who normally help people manage conflictâ €" deteriorate, which results in an "internal sound". That "internal sound" leads to the loss of memory, the inability to solve problems, and the absence of creativity, between the critical mechanisms of coping, according to the dres. Rollin McCraty and Robert A. Rees from the Hearthmath Institute. Couple those impediments with the physical and emotional effects of stress, such as headaches, irritability and depression, and find a teacher who is emotionally spent and professionally ineffective. The estrus yields strongly the "prosocial emotion" of the teachers (compassion and empathy), according to Dr. Margaret Kemeny, professor in psychiatry at the University of California in San Francisco. "Teachers want to continue giving until they arrive at "Compassion Exhaustion," Kemeny said. Manifestation of Student "Featured teachers affect their environment, both personal and professional," said McCraty. "They often run out of the lack of dream and excessive work, which has an impact on their preparation, their class behavior and their relationships with others at school." Physical, then emotional, exhausting short fuses à € "Impatience, irritability and anger à €" with students and colleagues feelings repression depression lethargy general lack of resilience more frequent absences There is a sense of humor difficulty that is organized there is no time to listen to anyone frequent diseases Students respond especially to stress. Strike We see in the research that students feel stress and react to it", explained Dr. Liza Nagel, associate professor of health education at the University of New Mexico. "Sometimes, the reaction is exactly what the teacher doesn't need: to act", Nagel added. How do teachers "handle" stress? Some reach out to friends or family, or exercise; These are one of the recommended positive activities. Others resort to less productive methods, such as social separation, overeating, and compulsive activities. Tapping Into Inner Strength Linda Lantieri, founder of the Internal Resilience Program, a program that helps educators deal with trauma and adversity, said that even teachers who experience "compassion fatigue" have an internal resilience that allows them to manage stress. Appropriate methodologies and tools, including those that allow teachers to connect with their mind, body, and spirit, can help them do so. Such strategies, Rees added, don't just help teachers: they help change the overall climate of a school for the better. "Sustained use of these tools usually not only results in a qualitative change in an organization's social and emotional climate, but also positively affects other important indicators of organizational success", he said. There are a variety of effective stress reduction methods that teachers can use. For example, Nagel has introduced teachers to self-reflection, cognitive restructuring (turning negativity around), meditation, massage, and exercise, among several strategies that she highlights in her article, "The ABCs of Teacher Tension." Teachers can move from "chaos to coherence", Rees said. A key to strengthening coping skills is beginning to understand what stress is: emotional reactions that turn into agitation and performance blocks. Anyone can participate in "positive techniques of emotion approach" that help build positive energy and useful responses to challenges. Responding differently to stress can alter your physiology physiologyTeachers and administrators who lack external stress reduction programs and individual counselors can absolutely reduce school stress. Nagel suggests that teachers find satisfaction in the rewards that his profession brings, such as successfully integrating parents into the classroom environment or improving the lives of a child who ends up valuing and learning more. Nagel believes that an administrator should understand his role in Teacher Stress and then change that impact by practicing "participatory Leadership and Support Teachers" when they need help. "A simple way to show support," Nagel said, "is to use teacher service days to teach or strengthen skills that will have a positive impact on the school climate: stress management, conflict management, communication skills" and effective techniques for parents - Higher communication. Lantieri recommends that administrators put time on teachers' schedules for professional development that addresses stress or offers strategies for teachers to stay calm internally. Or, to provide a quiet space, apart from the teacher room, where teachers can find silence and respite during the school day, or where they can enjoy calming activities, such as listening to music or drawing. "Our recommendation would be for each school district to have specific and proven programs to reduce stress and to help management, teaching and staff support manage stress and improve communication and problem solving skills," he urged McCraty. Nagel highly recommends that teachers take the advice of "the famous American philosopher" Dolly Parton: "No one will live for you," so guaranteeing their mental health is a priority. "Find time for exercise and meditation," he advised. "Evite toxic influences in your life. Recognize thatstress is a perception and you have control over your perceptions." Before educators can help students face their problems and be ready to learn, they must first take time to take care says Dr. Leah Davis. The following are ways that educators can take control of their lives and manage their own stress so that they are available to help their students. Make a list of things you enjoy doing that are good for you. Arrest him to make one a day. Write down how you see yourself one year, five years, or ten years from now. Share your ideas and goals with someone you trust. Write down at least five of your concerns. Rank ranks your list by its importance in your life. For each concern write Accept, Change, or Refuse. For each concern decide what will be your first step towards accepting, changing, or rejecting it. Take the steps you listed. For additional tips, read "Coping with Stress - Tips For Educators." Ideas above were shared with Dr. Davies' permission. Additional Resources The Internal Resilience Program Founded by Linda Lantieri, the Internal Resilience Program helps teachers physically, mentally, and emotionally recover by developing their internal resources for resilience. The program offers teachers from around the country long-term and seasonal residential retreats and post- and school programs, yoga classes and individual stress reduction sessions from certified bodywork professionals. Article by Michele Israel Education Worldâ€© Copyright Â© 2005, 2010, 2015 World Education

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