

A GUIDE FOR ALLEVIATING TEACHER STRESS

What Causes Teacher Stress?

Underfunding, pressures of standardized tests, frustration with lack of student success, and education reforms are just some of the many factors that contribute to teacher stress.

Stress can present itself at different times in a teachers career:

1 GENERAL

Classroom environments, lack of funding and resources, student behavior, meeting needs of diverse populations, inconsistent and changing teacher evaluation systems.



3 MID-CAREER

Experiences difficulty balancing work-life.



2 BEGINNING

Worries over re-employment and survival in the job.



4 VETERAN

Changing curriculum and accountability and uncertainty of new innovations.

Stress is linked to physical ailments, such as



heart disease



asthma



migraines



28% of teachers are 'chronically absent' - more than 10 school days a year - due to stress-related illness



only 2% of teachers report they do not experience on-the-job stress

WHAT CAN BE DONE TO COMBAT TEACHER STRESS?



TIPS for Teachers



Build a network of confidantes, mentors and supportive friends



Be part of a team or professional learning community



Be a life-long learner - Read, attend workshops, take classes



Make a list of stressors and try to identify solutions

TIPS for Administrators



Build trusting relationships



Set the tone - model positive interactions & communications



Provide support for classroom management & discipline



Advocate for improved funding, PD, supervision & evaluation systems.



How do you combat teacher stress in your school?

Addressing teacher stress can increase classroom performance and outcomes for both students and teachers. It also helps contribute to creating and maintaining a safe and healthy school.

To learn more about managing and coping with teacher stress and creating a safe and healthy school, enroll in the **Safe and Healthy Schools Certification Program** today!

ENROLL NOW