



Anger and Stress Management



When do you feel
stressed?



How do you
feel

when you are stressed?



How do you
behave

when you are stressed?

Sources of teacher's STRESS



Changes in the profession

Work load

Job satisfaction

Administrative problems

Relations with colleagues

Parental Involvement

Student behaviour



Sources of teacher's STRESS



Poor working condition

Lack of resources

School ethos

Class size

Self esteem – Status issues

Fatigue

Personal aspects (Health, problems in family, lack of family support, bad habits etc.)



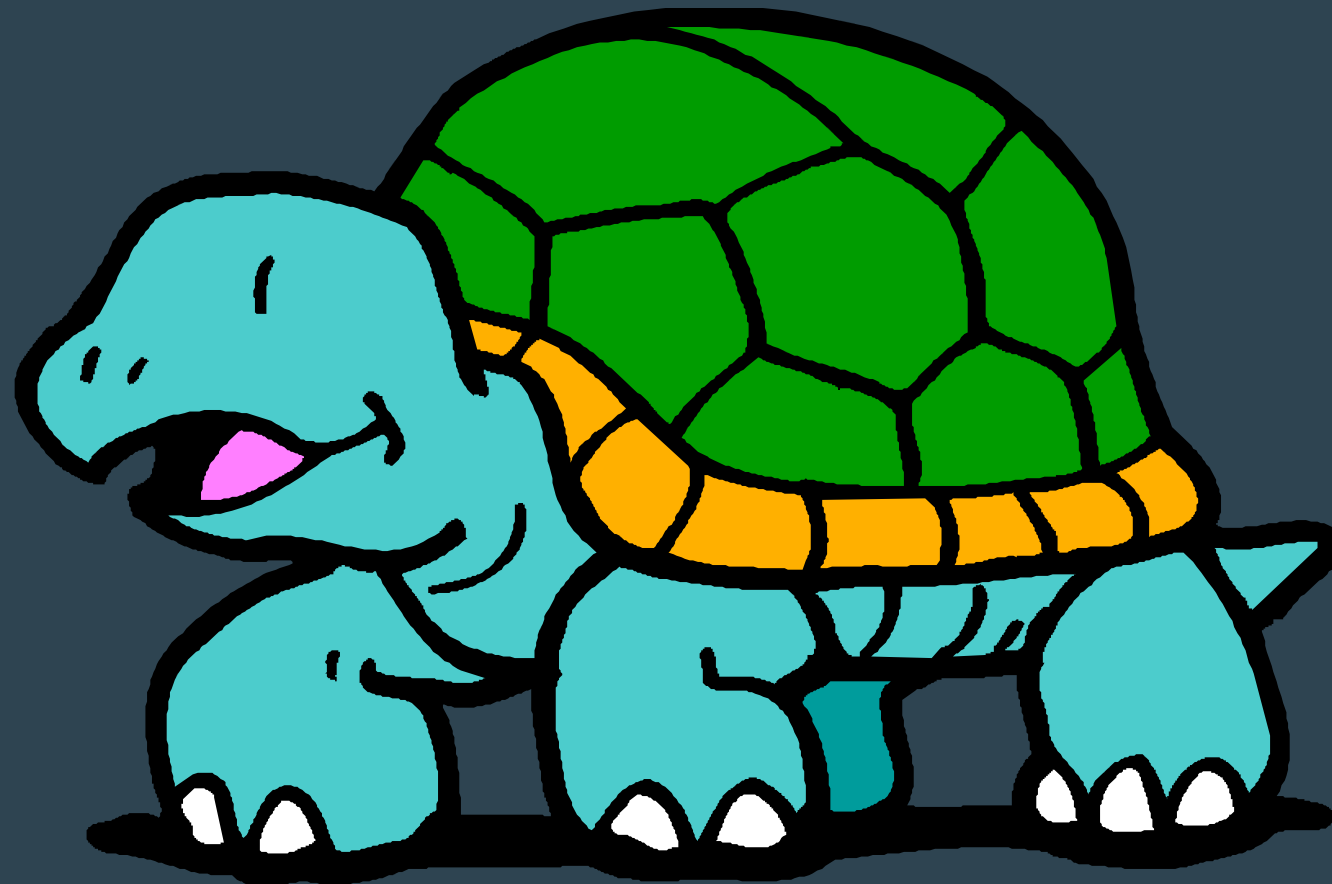




Eustress and Distress

When you are **ANGRY** and **UPSET**

Remember 1-2-3 TURTLE...





1 – Go inside your shell

- THINK before you ACT
- Take a “Time Out”





2 – Take 3 Deep Breaths

- Time to RELAX
- Calm yourself down



3 – Walk Away



- Think of a good solution





Tips to be calm and stress free

- Exercise regularly/ Practice Yoga
- Guided imagery relaxation
- Music relaxation
- Breathing exercise
- Progressive Muscle Relaxation (PMR)
- Meditation
- Adult coloring, Mandala coloring, Doodling
- Plan and execute, do not procrastinate

Tips to be calm and stress free



- Do something what interests you
- Accept what you can't change
- Well balanced diet
- Have someone to share
- Don't take things personally
- Try to respond than to react
- Adapt to changes
- Avoid negative people

Tips to be calm and stress free



- Be a life long learner
- Forgive yourself and others (Positive Self Talk)
- Have realistic expectations
- Accept your imperfections
- Develop time management skills
- When irritated do something else before going to class
- Understand the different situations at student's home
- Learn new skills of classroom management



The greatest weapon against stress is our ability to **CHOOSE** one thought over another.
~William James



We wish you a
balanced life.
Thank You.