

WINNING COPING STRATEGIES

Teachers very often suffer from burnout before the school year is half over. Here are some strategies that will help you cope.

1. Try to keep things in perspective.
2. Try to avoid confrontation.
3. Try to relax after work.
4. Try to take immediate action on the basis of your present understanding of the situation.
5. Think objectively about the situation and keep your feelings under control.
6. Stand back and rationalize the situation.
7. Try to diffuse potential stressors before they escalate.
8. Try to reassure yourself that everything is going to work out all right.
9. Do not let the problem go until you have solved or reconciled it satisfactorily.
10. Make sure people know that you are doing your best.
11. Try to forget work when the school day is finished.
12. Consider a range of plans to deal with the stress and then set priorities.
13. Express your feelings and frustrations to others so that they can help you.
14. Express your irritations to colleagues at work just to let off steam.
15. Try not to worry about it, channel your energy into finding resolutions.
16. Engage in pleasurable activities outside of work.
17. Trust yourself and be optimistic about outcomes.

Stressed?

