

Stress Management for PSO Teachers

June 21, 2018



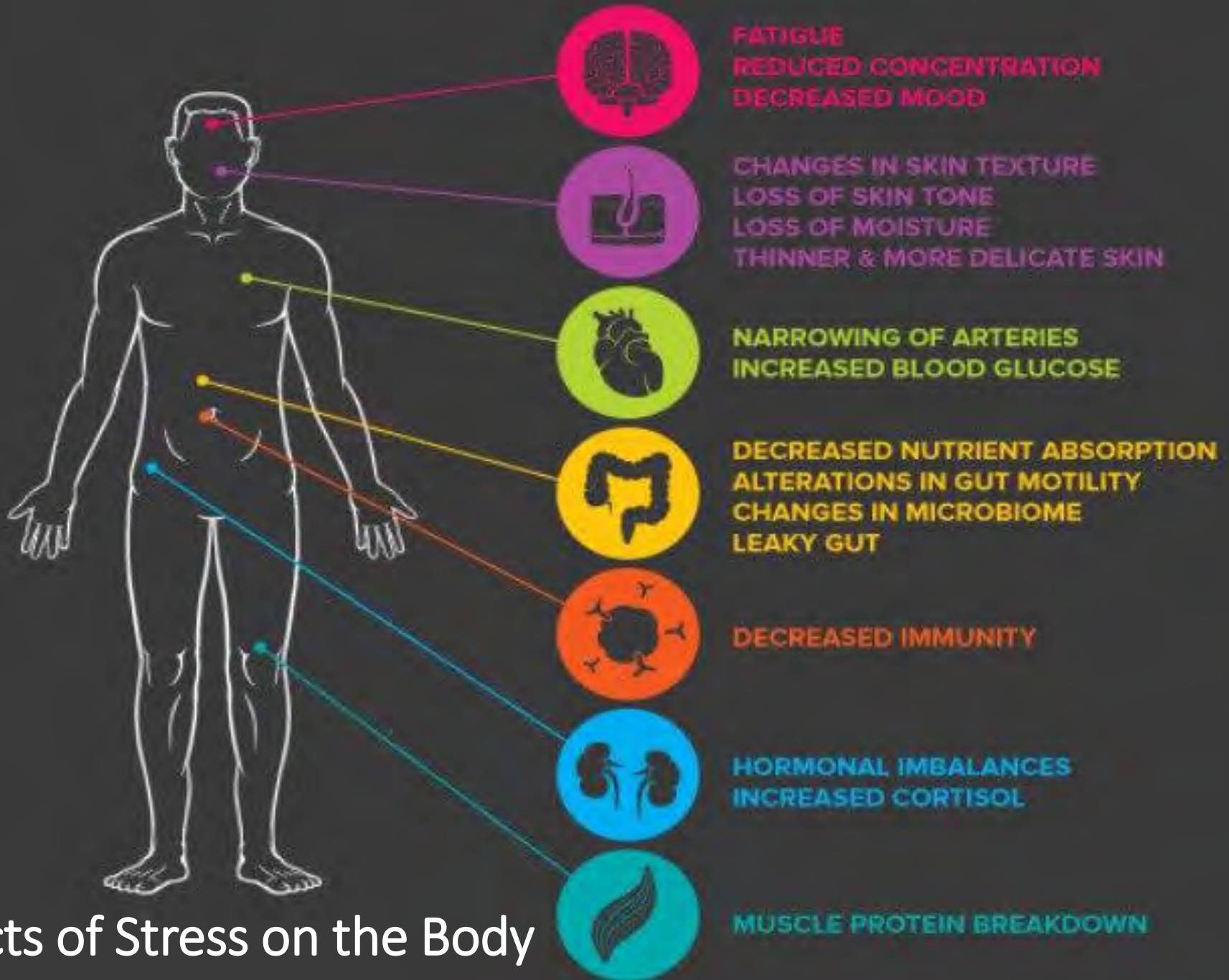
**This is me on my
way to school.**

Burnout



www.forbes.com

SOURCES: KRONOS INC.,
AMERICAN PSYCHOLOGICAL ASSOCIATION



Effects of Stress on the Body

Awareness

Headaches
Frequent infections
Taut muscles
Muscular twitches
Fatigue
Skin irritations
Breathlessness

Worrying
Unclear thinking
Impaired judgment
Nightmares
Indecision
Hasty decision
Negative thinking

Loss of confidence
More fussy
Irritability
Depression
Apathy
Alienation
Apprehension

Accident prone
Loss of appetite
Lack of pleasure
Drinking more
Insomnia
Restlessness
Substances

BODY

MIND

EMOTION

BEHAVIOR

Work-related

Salary

Excessive workload

Few opportunities for growth and advancement

Work not engaging or challenging

Lack of social support

Not having control over job related decisions

Unclear performance expectations

Personal problems

Emotional problems

Your relationships

Major life changes

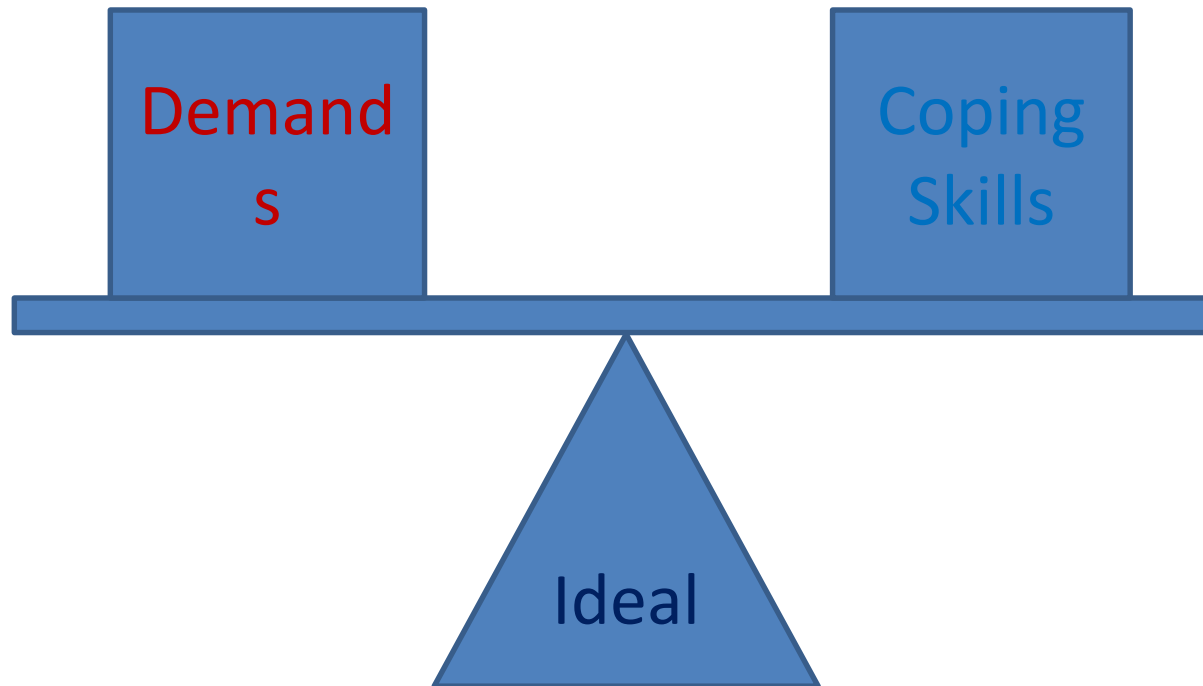
Stress in your family

**Conflicts with your beliefs and
values**

Sources of stress are part
of life.

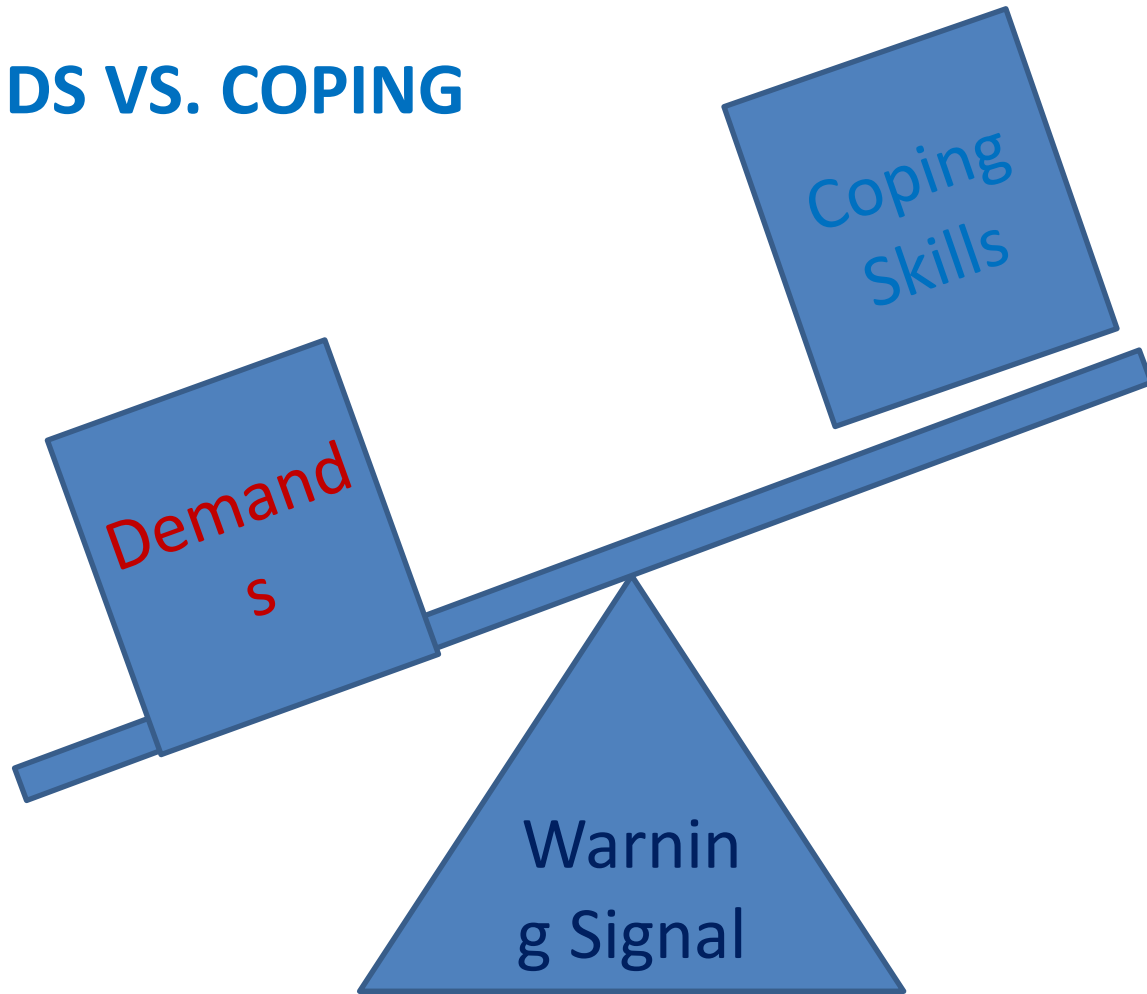
WHY DO SELF-CARE

- **DEMANDS VS. COPING**



WHY DO SELF-CARE

DEMANDS VS. COPING



Unhealthy ways of
coping with stress















Procrastination:



Just Do It...Later

ERRR...



**CAN'T STOP.
TOO BUSY!!**





Dealing with Stressful Situations

- Change the situation:

-

Avoid the stressor.

Alter the stressor.

- Change your reaction:

-

Adapt to the stressor.

Accept the stressor.

physical health



**regular
physical
activity**



**good
nutrition**



**adequate
rest**

Behavioral





Socialize

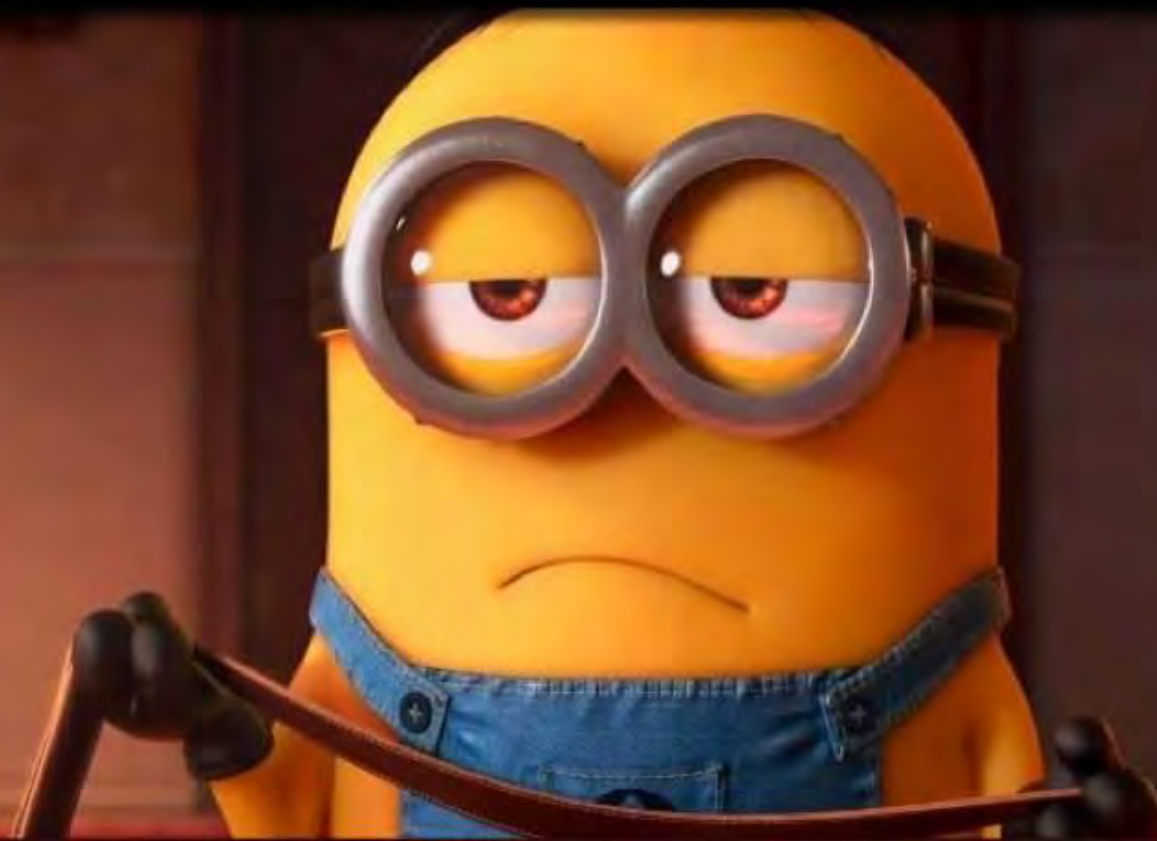
Talk



Rest



DO YOU HAVE A SENSE OF HUMOUR...



Manage Screen Time



The Priority Matrix



How urgent is the task?

Psychological

Awareness



Why?

PROBLEM



SOLUTION

SCHEDULE WORRY TIME



IF YOU CAN'T HELP BUT WORRY, THEN SCHEDULE A TIME AND PLACE FOR WORRYING. THIS WAY IT WON'T INTERFERE WITH OTHER ASPECTS OF YOUR LIFE.

Grant me the serenity
To accept the things
I cannot change,
The courage to change
The things I can,
And the wisdom to
Know the difference.