

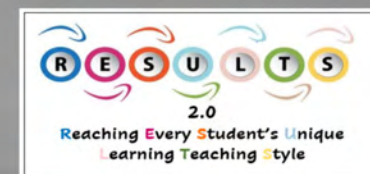
STRESS MANAGEMENT & RECOGNITION

Key Strategies for Teachers

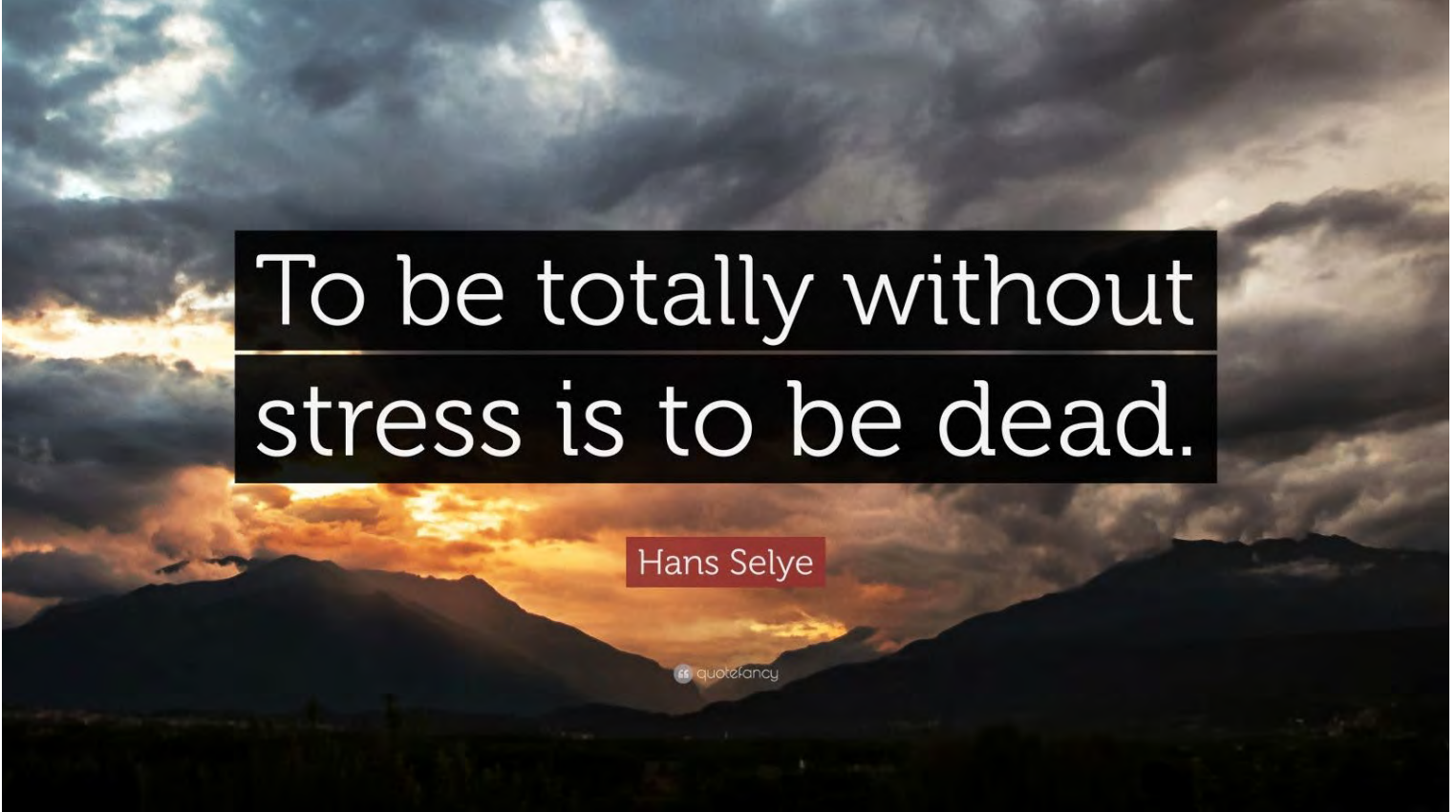
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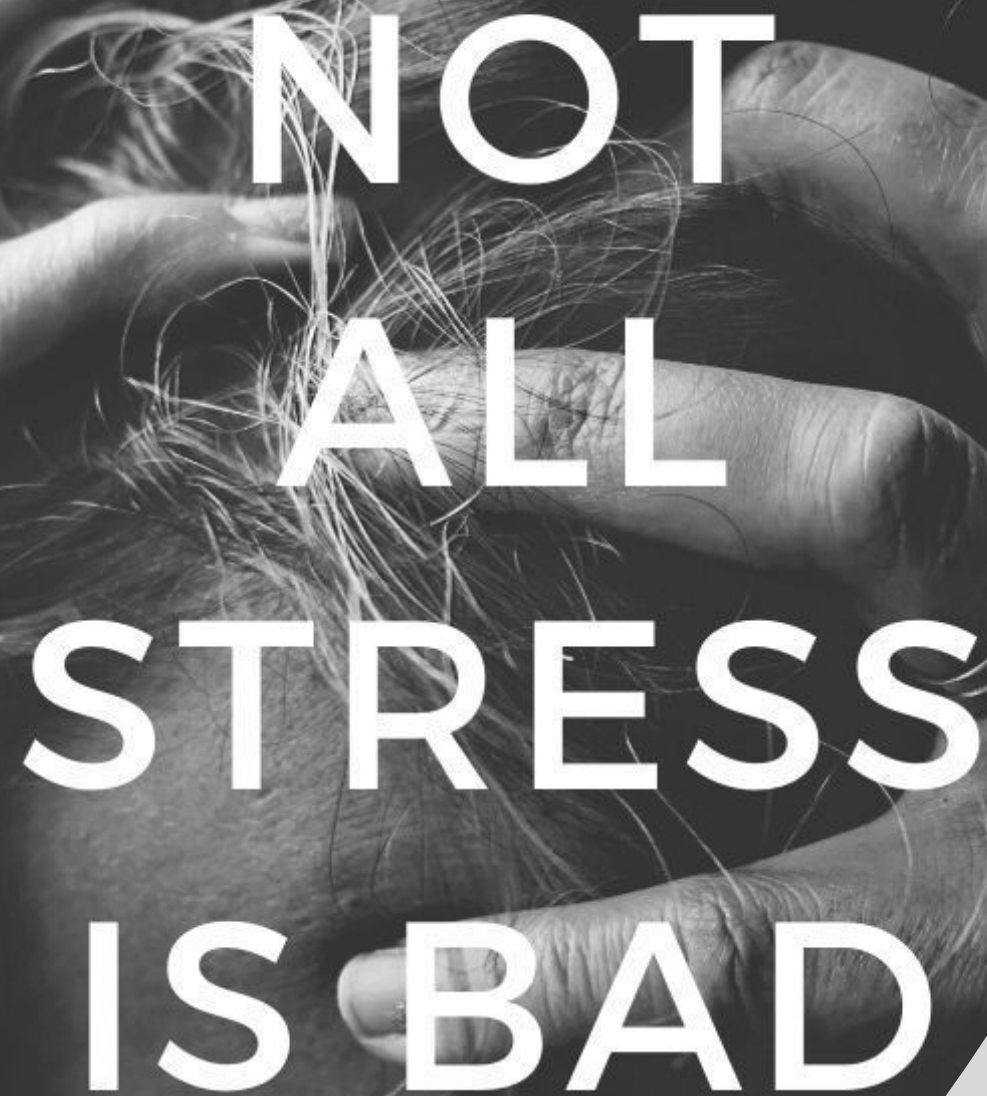
The **absence of stress is not health, it's death.** So, if you're feeling a little stressed right now, don't wish all your stress away. Rather take a minute to rethink how you're thinking about what you're finding 'stress-ful'.



To be totally without
stress is to be dead.

Hans Selye

quote fancy



NOT ALL STRESS IS BAD

Learn how to embrace stress
and make it your friend.

Stress responses help your body adjust to new situations. Stress can be positive, keeping us alert, motivated and ready to avoid danger.

For example, if you have an important test coming up, a stress response might help your body work harder and stay awake longer. But stress becomes a problem when stressors continue without relief or periods of relaxation.

Simply reading this out to students prior to important exams GRE's actually improved their concentration and overall scores.

1. Do your best!

2. People think that feeling anxious while taking a test will make them do poorly. However, recent research suggests that stress does not hurt performance on these tests and can even help performance. People who feel anxious during a test might actually do better. This means that you should not feel concerned if you do feel anxious while taking today's test. If you find yourself feeling anxious simply remind yourself that your stress could be helping you.

10.1016/j.jesp.2009.08.015





WHAT IS STRESS?

- | Stress is a feeling of emotional or physical tension.
- | Stress is your mind and body's response or reaction to a real or imagined threat, event or change.
- | stress usually occurs in situations people consider difficult or challenging. Different people consider different situations to be stressful.
- | The threat, event or change are commonly called stressors. Stressors can be internal (thoughts, beliefs, attitudes or external (loss, tragedy, change).



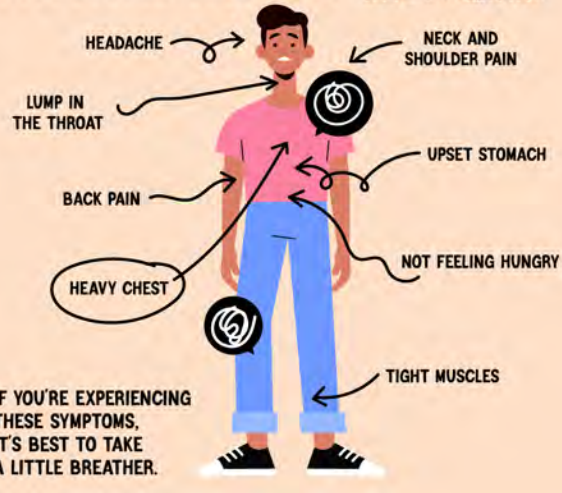
Stress can be defined as any type of change that causes physical, emotional, or psychological strain. Stress is your body's response to anything that requires attention or action.

Stress can trigger the body's response to a perceived threat or danger, known as the fight-flight or freeze response.

During this reaction, certain hormones like adrenaline and cortisol are released. This speeds the heart rate, slows digestion, shunts blood flow to major muscle groups, and changes various other autonomic nervous functions, giving the body a burst of energy and strength.

HERE ARE SOME PHYSICAL SIGNS OF STRESS

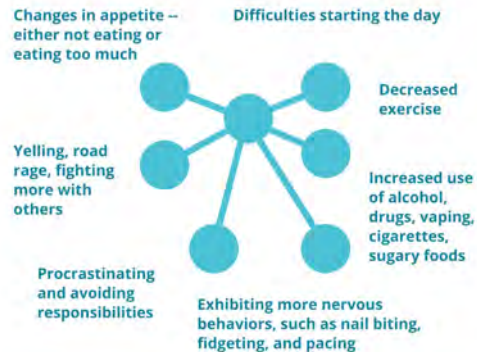
Lite



BEHAVIORAL STRESS SYMPTOMS

- Yawning
- Talking too fast
- Talking too loud
- Fiddling
- Twitching
- Nail biting
- Grinding teeth
- Drumming fingers
- Pacing
- Over reacting
- Emotional
- Defensive
- Irritable
- Defensive
- Hostile
- Critical
- Aggressive

BEHAVIORAL SIGNS OF STRESS:



Intellectual symptoms: How stress affect your mind

- Memory problems.
- Difficulty making decisions.
- Inability to concentrate.
- Confusion.
- Seeing only the negative.
- Repetitive or racing thoughts.
- Poor judgment.
- Loss of objectivity.
- Desire to escape or run away.



Stress can be short-term or long-term. Both can lead to a variety of symptoms, but chronic stress can take a serious toll on the body over time and have long-lasting health effects. When the perceived threat is gone, systems are designed to return to normal function via the relaxation response.

But in cases of chronic stress, the relaxation response doesn't occur often enough, and being in a near-constant state of fight-or-flight can cause damage to the body.

Stress can also lead to some unhealthy habits that have a negative impact on your health. For example, many people cope with stress by eating too much or by smoking. These unhealthy habits damage the body and create bigger problems in the long-term.

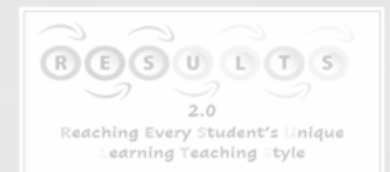
Which of these situations do YOU consider stressful?

Stressful Scenarios:

- Arriving late for work
- Being stuck in traffic
- Having a lot of work to correct
- Finding it difficult to maintain classroom discipline
- Changing jobs
- Moving to a new place/location
- Finding yourself alone at a social event
- Conflict with a student's parents
- Meeting the expectations of parents and administration
- Constant changes in curriculum or education policies



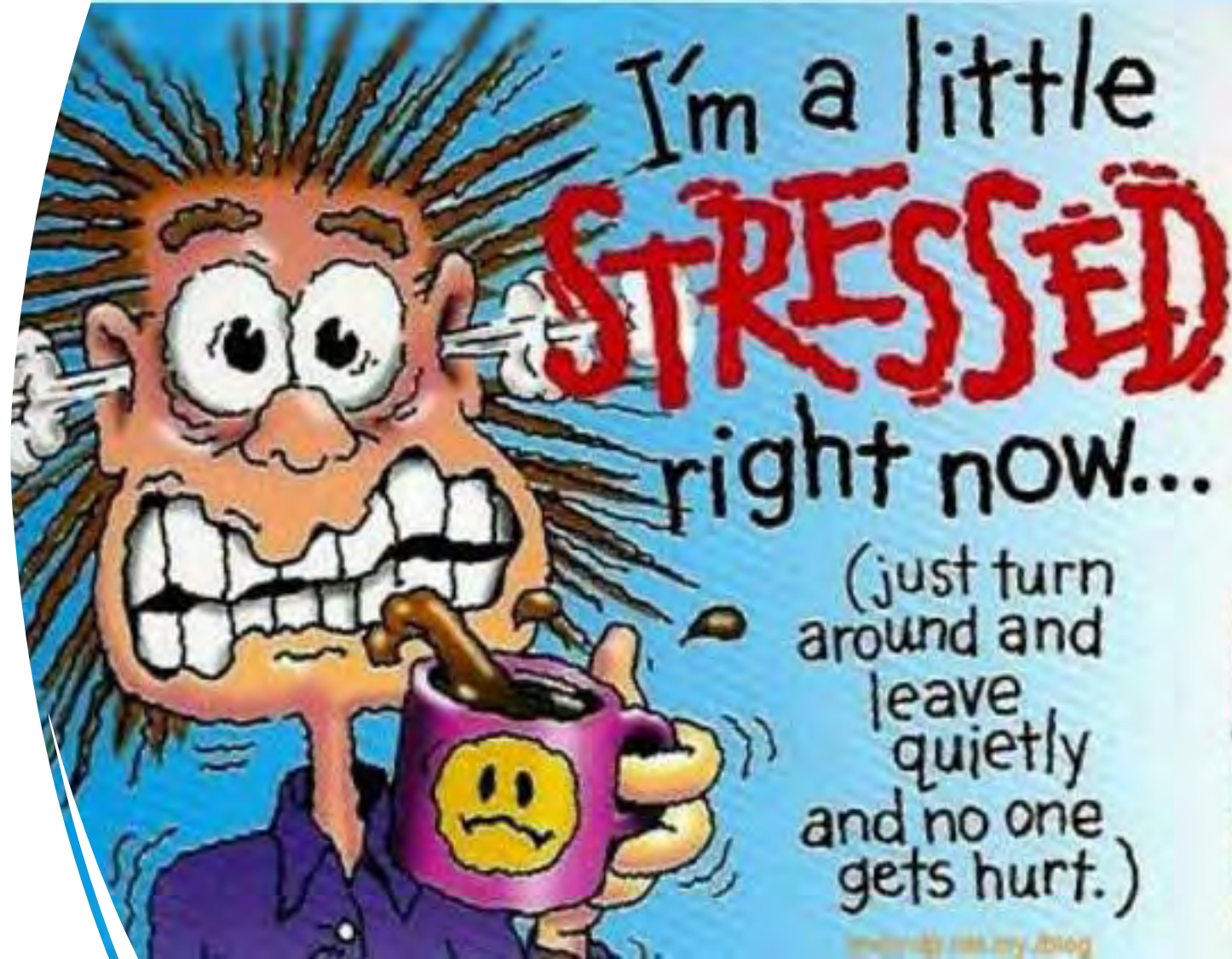
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Managing Stress

Do you recognize your stress triggers?

- What are the early signs that you are stressed?
- What are the signs that other people recognize in you?
- How do you know that it is getting out of hand?



Do you recognize yourself in any of the following statements?

1. "I just 'deal' with my stress, it's not a big issue."

2. "It's just stress, I don't need counseling"

3. "Stress is just a part of my job."

4. "I don't have time to deal with my stress."

5. "People who are stressed just can't cope with reality."

6. "If I just make it through these next few weeks, I'll be OK."

7. "I'm so stressed, I don't even know where to start."

8. "Dealing with my stress would just be too expensive."

9. "I'm always stressed, it hasn't made a difference so why bother?"

Aversion Signature



We all have an aversion signature, what causes high stress, the way we respond to our experiences helps determine the effect they have on us.



It is important to recognize your *aversion signature*, and to find ways to respond to it in constructive ways.

Before we delve into our cognitive behaviours and perception and to recognize and find ways to respond constructively, we'd like to touch upon a theory which skips all that and goes straight to the route of happiness.



Our target is to achieve 'Flow' in our daily lives.

The Theory of FLOW

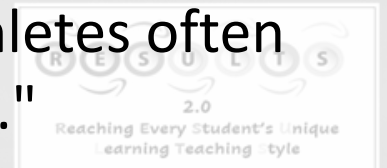


Psychologist Mihaly Csikszentmihalyi is most known for his development of **flow theory**, the concept in which people can become so absorbed in an activity that nothing else seems to matter. The activity or experience the person engages in is enjoyable; people will do it at a high cost.

Flow is often described as a mental state in which people experience complete immersion and involvement in an activity. Things seem to happen almost effortlessly and time seems to disappear while in this state. Athletes often refer to this state of mind as being "in the zone."



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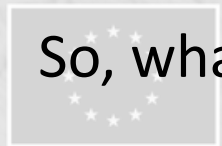
Our target is to achieve 'Flow' in our daily lives.

"The best moments in our lives are not the passive, receptive, relaxing times . . . The best moments usually occur if a person's body or mind is stretched to its limits in a voluntary effort to accomplish something difficult and worthwhile"

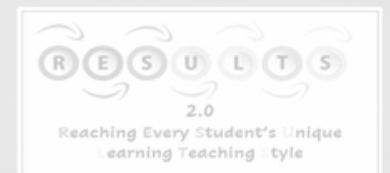
(Csikszentmihalyi, 1990).

Obviously reaching this state of flow is something many of us would like to accomplish on a regular basis. Fortunately, flow is not something restricted to just elite athletes, artists, and performers. You can achieve this state during a number of activities such as while working, while engaging in exercise, or while engaging in a hobby.

So, what exactly does it take to achieve a state of flow?



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[Mihaly](#)
[Csikszentmihalyi:](#)
[Flow, the secret to](#)
[happiness | TED](#)
[Talk](#)

1. Your Skills Need to Be Well-Matched to the Task

- Gaining practice, experience, and expertise in an activity will make it more likely that you will achieve flow in the future.

2. Stretching Your Skills Can Lead to a State of Flow

- Focus on adding new challenges on a regular basis. Not only will you become more skilled, you may find that the state of flow becomes much easier to achieve.

3. Have Clear Goals

- People who achieve flow frequently are often intrinsically motivated to perform certain actions. In other words, they may have specific goals in mind, but they engage in these actions for their own sake as well.

4. Avoid Interruptions

- It is important to devote all of your concentration to the task at hand. Multitasking and other distractions will disrupt the flow state. Turn off your phone, television or other devices that might pull you away from the task at hand.

5. Focus on the Process and Not the End State

- While having a goal is important, flow requires enjoying the journey and not just fixating on the end product. Allow yourself to simply live in the present moment without worrying too much about the ultimate outcome of your efforts.

Core Values

Core values are **personal ethics** or ideals that guide you when making decisions, building relationships and solving problems. Identifying the values that are meaningful in your life can help you to develop and achieve personal and professional goals.

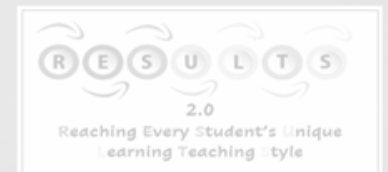
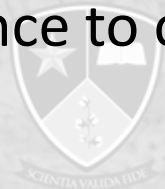
Personal Core Values

Core values serve as criteria or **standards, guiding the choice or evaluation of people, actions, or events**. We decide what is justified or not based on the possible impact our decision would have on our values. We do not always do this consciously.

Sometimes, we become aware of our values when the judgment or action we are considering has ambiguous implications for our cherished values. We order values by their relative importance to one another.

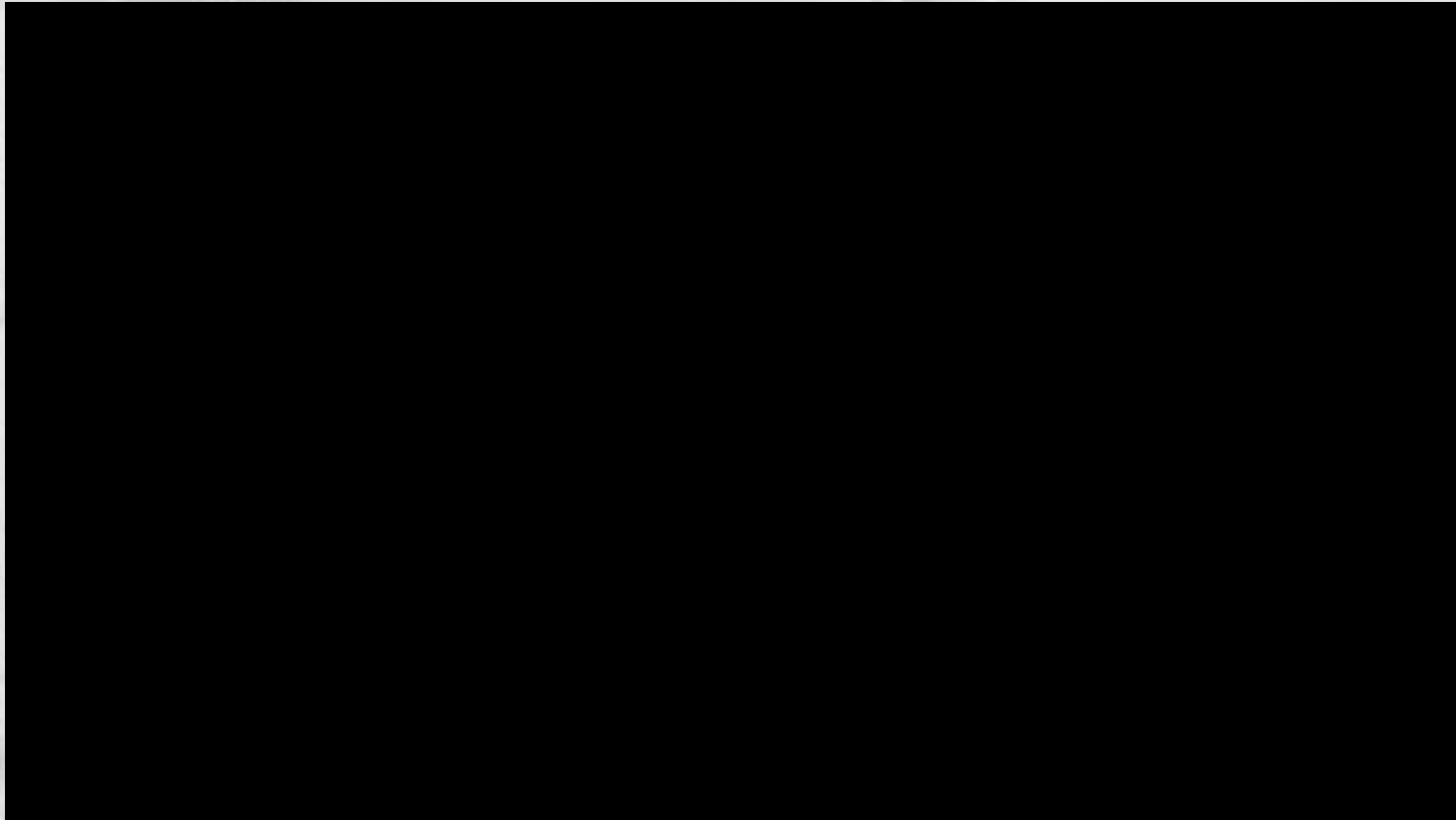


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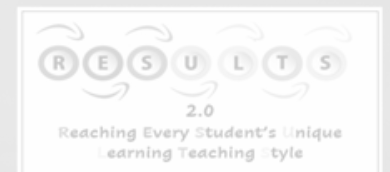


The Importance of Core Values in Our Personal Lives

Core values drive behaviour and form beliefs. Examples of core values include reliability, dependability, loyalty, honesty, commitment, consistency, and efficiency. People in satisfying relationships will often say their partner shares their values. They are usually talking about core values, which dictate how they live their lives.



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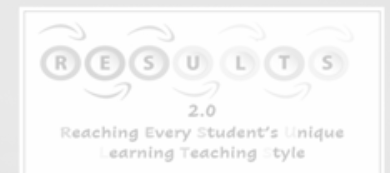


Core Values

- Focusing on your values reminds you of what's really important and puts the stressor into perspective.
- Values can strengthen your willpower so you can persist at difficult tasks. To activate your willpower, you must remind yourself *why* it's important for you to do something.
- Values can help you communicate with more compassion. Reflecting on your deepest values can also “create an inner state of intense awareness and calm,” according to Newburg and Waldman. This inner state can help you listen more intently to others and choose your words with tender loving care.
- Your values help you distinguish between what seems urgent and what is truly important.



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The Impact of Perception on Human Stress

Each individual has his or her own perception of reality.

The implication is that because each of us perceives the world through our own eyes, reality itself changes from person to person. While it's true that everyone perceives reality differently, reality could care less about our perceptions.

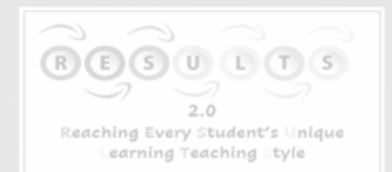
- Stress mindset
- Your experiences
- Your upbringing
- Your temperament
- Your mood



They are filters that let some info in and leave some aspects out depending on what you pay attention to.



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Stress is your Reaction to a Perception, NOT Reality.



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RESULTS
2.0
Reaching Every Student's Unique
Learning Teaching Style

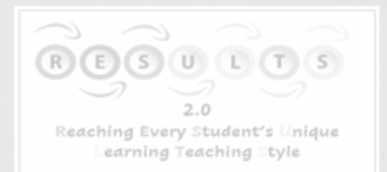
Stress is your Reaction to a Perception, NOT Reality.



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Quirkology Channel

THE COLOUR CHANGING CARD TRICK

www.RichardWiseman.com










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PERCEPTION



-  It is how a person sees something
-  Varies from person to person
-  Outcome of one's knowledge, attitude & beliefs.
-  It can be wrong or right.
-  Can be biased
-  Can be negative or positive
-  It is person's choice

REALITY



-  It is the truth & how things exist
-  Doesn't depend on people
-  It is not affected by these
-  It is always right
-  Can't said to be biased or unbiased
-  It can't be described as positive or negative
-  It is not a choice

VS



Peter, a student in Form 3, has been kicked out of his classroom chat. He is convinced that his friends are saying ugly things about him behind his back.

Nobody wants to be my friend anymore.

I do not want to go to school.



I feel worthless!

I am not good at anything.



Very often, Lola's students show challenging behaviours during her lessons. She finds it very hard to control their attitudes in class.

Nobody is interested in my lesson.

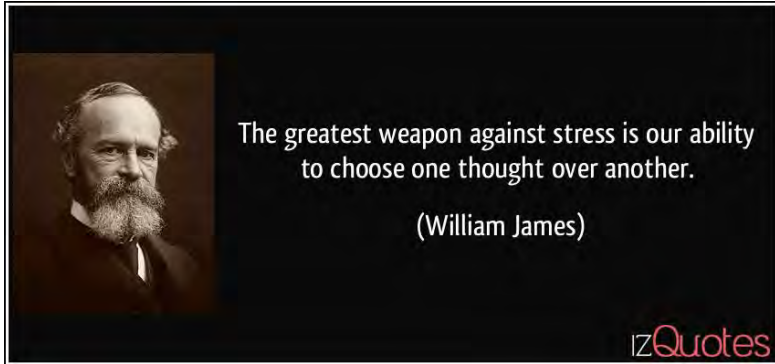
I feel so overwhelmed!



None of my students like me.

I don't like my job!

Okay so now what?



- So now we have taken some time to recognize some of our stressors, beliefs, mindsets and how we react to them.
- These are a few techniques which will help us deal with the way we react to situations and help us either change 'bad stress' into 'good stress' or even totally eliminate certain stressors.
- Breathing Techniques - <https://www.youtube.com/watch?v=tEmt1Znux58>
- Grounding Techniques - <https://www.youtube.com/watch?v=30VMIEmA114>
- Meditation Techniques - <https://www.youtube.com/watch?v=Ix73CLi0Mo0>
- Visualization Techniques - <https://www.youtube.com/watch?v=Dq9odPtHbcg>
- Time Management Tips - <https://www.youtube.com/watch?v=IGVQPU-L7cQ>
- Self Care Routine - <https://www.youtube.com/watch?v=MmmHpfm4u6o>
- Flow – Book IKIGAI – The Japanese Secret to a Long and Happy Life
- Socializing/ having a hobby/exercise
- AND MAINTAINING A POSITIVE MINDSET WHICH ALL THE ABOVE WILL HELP TO MAINTAIN

FOUR CORE STRATEGIES FOR MANAGING STRESS AND ANXIETY

1. ATTENTION - CENTERING TECHNIQUES

To neutralize anxiety, it can often help to use techniques designed to focus attention beyond anxious thoughts.



MEDITATION



BREATHING



VISUALIZATION

2. EXPRESSIVE, CREATIVE STRATEGIES

To channel anxious thoughts or feelings in more productive ways, we might identify specific outlets to express creativity, such as working on a project, drawing, and athletics.



WORKING ON A PROJECT



ARTS



PHYSICAL MOVEMENT

3. REFLECTION EXPLORATION STRATEGIES

To monitor where anxiety arises, become more aware of anxiety triggers, and reflect on anxious thoughts and feelings, we might try strategies that foster self-observation.



JOURNALING



SELF-MONITORING



COMMUNICATION

4. HEALTHY LIFESTYLE VALUES

To reduce residual feelings of anxiety, it could help to turn attention toward healthy habits, healthy relationships, healthy pleasures, and a healthy environment.



NUTRITION



RELATIONSHIPS



EXERCISE



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2.0
Reaching Every Student's Unique
Learning Teaching Style