

STRESS MANAGEMENT FOR TEACHERS

How to Successfully Juggle Life's Numerous Challenges

Course Overview:

As if life wasn't stressful enough, teaching is by any standard one of the most stressful professions. It is self evident that unmanaged stress has adverse effects on a teacher's performance, and studies show that stress-related illness is responsible for a very high proportion of staff absenteeism. So it follows that the most productive, effective, healthy and 'happy' teachers are able to manage their stress effectively.

Stress management techniques often focus on relaxation but it is hard to be relaxed when you feel like you are firefighting! Using scientifically-proven cognitive and behavioural stress-busting techniques and the latest stress management research, this course will equip you with a useful handful of practical, easy-to-use tools, and tips which you can use straight away to successfully manage life's numerous 'little' challenges, including those thrown at you at school!

This course will show you:

- How to recognise the causes, symptoms and consequences of stress
- How to use some of the very best practical 'stress-busting' tools to manage stress, including using stress to your advantage
- Why prevention is better than a cure and how to combat stress before it begins
- How to use thought management to support you through stressful situations and events, and come out smiling
- How to take control, become better organised, master your time management and eliminate 'time thieves'
- How to effectively relax so you feel refreshed and ready to take on the day

“ I shall certainly employ these stress-management methods. ”

“ Extremely useful and beneficial. ”

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