



# TEACHERS STRESS IN 2016 AND HOW TO BEAT IT

In last month's Jersey life we looked at teachers stress on jersey and in that issue I pledged to deliver some stress busting solutions for teachers in this article

## Let us remind ourselves

EDUCATION has pledged to halve the number of teachers suffering from stress in the next 18 months, after figures revealed that the number of sick days taken for mental health reasons have more than doubled in the past two years.

Focus groups involving about 100 teachers are due to be set up in the near future to see what can be done to ease the level of stress in the profession, the department says.

## Mark Shields takes a closer look at stress generally and ways of managing it

By the year 2018 doctors are saying stress will be the biggest drain on NHS finances in the UK. Bigger even than cancer. With more people off work due to stress than currently unemployed surely this situation is now unacceptable and not suffered by teachers only. It appears work place stress is on the increase now costing the UK government the equivalent of 5% of GDP

What exactly is stress and how can we beat it?

## DEFINITION OF STRESS

The measurement of pressure and tension coupled with the demand on physical and mental energy from our perception of any given situation and how we strategically cope and feel.

## WHAT IS STRESS

Although we all talk about stress everyday, it isn't clear what stress is really about. Some doctors believe an element of stress is good for us, and this may be true.

Many people believe stress is something that happens to them, such as an event or injury. Others think that stress is what happens to our bodies, minds, and behaviours, in a response to an event. EG heart pounding, sweating, anxiety, nail biting.

While stress does involve events and responses to them, these are not the most important factors.

## Our thoughts about the situations in which we find ourselves is the critical factor.

When something happens to us, we automatically evaluate the situation mentally. We decide if it is threatening to us, how we need to deal with the situation, and what skills we can use.

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