



# RESILIENCE AND STRESS MANAGEMENT



## What is resilience and stress management and why it is important in education?

Teaching today requires educators, counselors, and administrators are tasked with responding to the stress of their students while having limited tools for social emotional learning. Stress is a body's reaction to sudden change in surroundings. Resilience Theory is the ability of one to adapt successfully and bounce back from adversity, failure, stress, and frustration. The process between the adversity and the outcome can be defined as 'Resilience'. It can also be referred as capability of one and how to positively function in adverse situation. Challenge, commitment and personal control are three elements that are essential to resilience according to leading psychologist Susan Kobasa. In times of continuous pressure, stress and change, resilience is frequently referred to as being one of the key attributes of successful people. People with good levels of emotional resilience and emotional intelligence face challenges honestly, and find ways to move through or around obstacles.

### MAIN FOCUS

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WHAT IS STRESS MANAGEMENT PROCESS?

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TIPS TO SUCCEED IN STRESS MANAGEMENT



Resilient people are good at stress management and in managing anxiety. Resilient people are aware of situations, their own emotional reactions, and the behaviour of those around them. In order to manage feelings, it is essential to understand what is causing them and why. By remaining aware, resilient people can maintain control of a situation and think of new ways to tackle problems.

## What is stress management process?

Stress is a normal psychological and physical reaction to the ever-increasing demands of life. The most effective way to manage stress is to break the cycle of stress. First, clearly identify how you function and what your emotional responses are. For example, during a presentation to an audience, you have blanks of memory, you are uncomfortable, and you are distracted. If you want to correct these reactions, it is important, at first, to become aware of your emotions. The second step is to identify and analyse the causes of stress and understand why you are in an uncomfortable stress situation.

The most important phase of stress management is identifying your personal triggers. Effective stress management helps you break the hold stress has on your life, so you can be happier, healthier, and more productive. The ultimate goal is a balanced life, with time for work, relationships, relaxation, and fun—and the resilience to hold up under pressure and meet challenges head on. The scope of the stress problem is another part of the reason managing stress effectively is so significant.





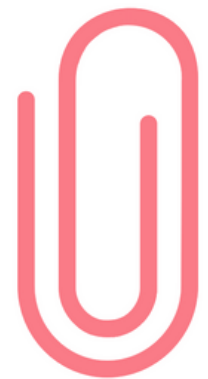
## RESILIENCE AND STRESS MANAGEMENT OUTSIDE THE BOX

Learning to manage stress effectively and outside the box is crucial for your long-term health and well-being. Not every stressor is avoidable, so for those you cannot cross off the list, it is time to get creative. With some stress, it is a matter of adjusting our standards and expectations because education is a benchmarked world. How to manage stress as a teacher is a personal journey. Whether it is the beginning of a new semester, school year, or even week, commit to taking a look at what is causing tension or pressure in your school day and teaching career. Own what you can control and accept what you cannot. Poor communication can lead to misunderstandings, arguments, and stress.



"When we learn how to become resilient, we learn how to embrace the beautifully broad spectrum of the human experience." Jaeda Dewalt

"Resilience is knowing that you are the only one that has the power and the responsibility to pick yourself up." Mary Holloway



## Here are some tips that can help you succeed in stress management!

- Keep periods of relaxation
- Learn to accept what you cannot change
- Become aware of your emotional reactions
- Define your resilience from a variety of perspectives and viewpoints
- Avoid ambiguity and uncertainty

