



UNDERSTANDING AND OVERCOMING STRESS FOR TEACHERS

What is Stress?

The positive and negative sides of stress
It's all about me
Irrational ideas that induce stress
Types of stress * The stress response
5 most common causes of stress * 4 Phases of stress
Signs of burnout

Dealing with Stress

3 most common ways people typically handle stress and how to avoid them
Effects of negativity
4 levels of self-talk * Self-talk tips for success
Thought stopping
Benefits of laughter
5 great ways to reduce stress
How to handle pressure and crises without losing control

Managing Multiple Demands on Your Time

Overcoming the "Do It All" Syndrome * Learning to say "NO"
The art of delegation
10 time wasters and how to overcome them
Procrastination
Handling multiple demands on your time * Putting your priorities in order
How to avoid burnout
How to handle disruptions
How to handle other people's urgencies and emergencies
Time management tips
3 steps to assertiveness

Controlling Worry and Stress in the Classroom

Healthy vs. unhealthy worry * Managing worry
Effects of teacher stress * Making teaching less stressful
Incorporating humor in the classroom

Relaxation Techniques and Stressbusters

Powerful tools that can change your life in just 10 minutes a day
Find greater happiness in your life and work starting right now
Stressbusters designed especially for educators
Relaxation techniques
Healthy venting