

PLAYING IT

SAFE

Be safe and healthy on the job at Kids Central Incorporated with these helpful tips provided by Trustpoint Insurance.

Fighting Job-related Stress

How to stay physically and mentally healthy when stressed

Increasing student enrollment, poor student motivation and a variety of other stressors that come with working in an educational environment can be a lot to handle. If you don't take steps to counteract the stress, these job-related stressors can lead to health problems, injuries and job failure. Fortunately, there are many ways you can fight stress on the job.

Common Stressors

Though each individual is different, there are several instances that can trigger undue stress at work:

- Unruly or unmotivated students
- Heavy workloads and long working hours
- Conflicts with faculty or parents
- Large curriculum to teach
- Work/life balance troubles
- High-stakes assessment testing

Look out for early symptoms of stress and take steps to relieve it quickly. With time, these symptoms can develop into more serious health complications, such as heart problems, depression and anxiety. Be wary of the following stress symptoms:

- Insomnia
- Low morale or low self esteem
- Short temper
- Headaches
- Upset stomach

- Sore back
- Job dissatisfaction
- Difficulty concentrating
- Increased errors

How to Combat Stress

With determination, you can successfully reduce stress and rid yourself of the negative symptoms that come with it.

- Prioritize your curriculum, make realistic lesson plans and know your own strengths and weaknesses.
- Use other educators as resources.
- Resolve conflicts with students, parents or faculty quickly. Before they arise, plan your method of calmly dealing with them.
- Stay healthy physically. Exercise regularly, even if only for a few minutes. Eat well each day. Try to sleep at least eight hours each night.
- Make time for family and friends. Spending time with those you love will help you unwind and gain stability.
- Escape through hobbies, interests and passions.

Perspective

Reassess your working environment. If the stressors of your current position are too much for you, consider transferring to another department of the facility. Talk to your administrator to discuss ways Kids Central Incorporated can help you combat stressors in your specific situation.



Be Clear About Your Expectations

Control the environment by setting clear classroom expectations for yourself and your students from the first day. These could include policies and procedures, codes of conduct or methods of assessment and grading.

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