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# MANAGING STRESS AS AN EDUCATOR

Counseling Partners of Los Angeles



## Teacher Counseling

CPLA offers counseling for its partner schools' teachers, staff, and faculty Interested in receiving 4 free, virtual, and confidential sessions from a trained mental health clinician? Reach out to [teachers@counselingpartnersofla.org](mailto:teachers@counselingpartnersofla.org) for a referral form. You help so many. You deserve help too.

## About CPLA

The mission of Counseling Partners of Los Angeles is to support at-risk and underserved students living in Los Angeles by providing a low-cost, school-based program that delivers essential counseling and support services students and teachers need in order to grow toward their full potential emotionally, intellectually, morally and socially.

## YOU AREN'T THE ONLY ONE

**ACCORDING TO A 2022 STUDY, 72% OF EDUCATORS DESCRIBED THEMSELVES AS BEING STRESSED.\***

You may think that you aren't doing "teaching" or "life" right because you are so stressed. This isn't true. Stress has sky rocketed for everyone, educators and students alike. As you juggle work and your personal life, it may seem like there are not enough hours in the day to accomplish what needs to get done. While it's not practical or possible to completely eradicate stress, there are a few ways you can cope with its effects. In this newsletter, we will go over 7 ways you can help manage stress in the midst of your very busy life.

# TIPS FOR MANAGING STRESS

## 1. FOCUS ON THE PRIORITIES

Identify what is most important in your life and be clear about setting healthy boundaries around it. This could look like not taking on too much, or only dedicating yourself to work that you find meaningful. Committing yourself to too many things, especially when they don't match what you believe in, can cause mental exhaustion and burnout. Practice what it would be like to say no.

## 2. KNOW WHAT STRESSES YOU

List events or situations that leave you drained emotionally, and prepare for them in advance. Think of one or two ways you can reduce the stress for the situations. This could look like giving yourself time to recover after the event or practicing common stress-reduction techniques like deep breathing, exercise, engaging in a hobby, or talking it out with a friend before the situation.

## 3. FORGIVE YOURSELF

We can't change the past. It's perfectly understandable to dwell on past mistakes, hoping that this will be able to change the past, but it doesn't. Practice being kind to yourself and making an intentional effort to do an activity that brings you peace or joy.



## 4. EXPRESS YOUR FEELINGS

Bottling up our anger, frustrations, and stress makes us feel like we could explode at any moment. Instead of shoving things down, consider expressing and discussing your feelings with safe people. This could look like addressing difficult situations with fellow teachers or a trusted friend. When you let your feelings fester, they grow heavier, weighing you down and adding to your stress. Participating in teacher counseling is a great way to express your feelings.

## 5. MAKE TIME FOR HOBBIES & MOVEMENT

Exercise that is gentle and repetitive (cycling, swimming, walking, jogging, etc) is helpful for relieving stress. Doing pilates, yoga, and meditation along with hobbies that focus attention are also very good for reducing stress.

## 6. PRACTICE GRATITUDE

Stress keeps us from seeing what there is to be grateful for. Try to find something positive about your day at work - whether that's a kid's smile or even a "thank you" from a student. Hold those gratitude moments in your mind as you enter stressful situations.

## 7. SEEK PROFESSIONAL SUPPORT

Sometimes it is best to reach out to a mental health professional when the stress starts to interfere with your daily life and functioning. CPLA offers FREE teacher counseling to its partner schools' teachers, faculty, and staff. Please email [teachers@counselingpartnersofla.org](mailto:teachers@counselingpartnersofla.org) for more information.

