



BON SECOURS COLLEGE OF EDUCATION

NAAC with 'B' Grade

Affiliated by Tamil Nadu Teachers Education University, Chennai
Vilar Bypass Road, Thanjavur – 613 006

STRESS MANAGEMENT FOR TEACHERS

Stress is a response to pressure or threat. Under stress one may feel tense, nervous, or on edge. The stress response is physical, biological and psychological experienced on encountering a threat. A stressor is the stimulus (or threat) that causes stress. Stress triggers a surge of a hormone called adrenaline that temporarily affects the nervous system. **Dr. M. L. BALA JOSEPHINE**, M.Sc(Maths)., M.Sc(Psy)., M.A(CCJA)., M.Sc(G&C)., M.Ed., Ph.D(Edu)., Assistant Professor in Education, has given workshop on 26/07/2017 on stress management for B.Ed second year student - teachers explaining teachers job stress, stressors, types of stress, sources of stress, physical symptoms of stress, how stress affects body, mind, emotions and behavior. She has emphasized manage stress, to reduce stress by tracking stressors, develop healthy responses, establish boundaries, take time to recharge, learn how to relax, to deal with stress.