



# Beacon

Smt M.M.P Shah Women's College of Arts and Commerce  
Department of Psychology Publication

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## Teacher Burnout

**“ Stress is when you wake up screaming and you realize you haven't fallen asleep yet. ”**

~ Unknown

Scholars define teacher burnout as a condition caused by depersonalization, exhaustion and a diminished sense of accomplishment. Burnout is the result of a long period of stress. Stress comes from the perception of a teacher that the resources available to deal with the stress are not adequate. In other words, the stressors (demands from the job) outweigh the resources available to deal with the demands.

### Symptoms:

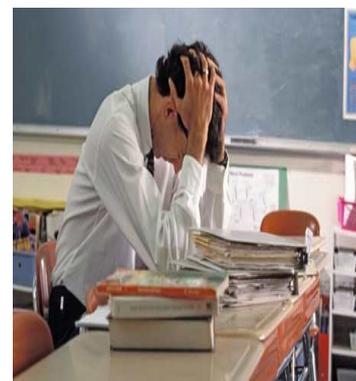
- ◆ When a teacher cannot perform the day-to-day duties of teaching due to a sense of tiredness, frustration, exhaustion, and/or hopelessness.
- ◆ A teacher's loss of idealism and enthusiasm for

work.

- ◆ "An extreme type of role-specific alienation with a focus on feelings of meaninglessness, especially as this applies to one's ability to successfully reach students".
- ◆ "Syndrome resulting from teachers' inability to protect themselves against threats to their self esteem and well being".
- ◆ Stress management workshops
- ◆ Relaxation training
- ◆ Time management workshops
- ◆ Nutrition, exercise and coping skills training.
- ◆ Improve working conditions
- ◆ Classroom environment

### Prevention:

Interventions the school system can take to prevent teacher burnout:



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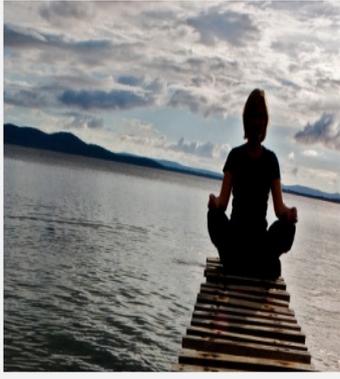
## Symptoms of Stress

### Emotional/cognitive symptoms

- Feeling irritable
- Feeling restless
- Unable to concentrate
- Having memory problems
- Negative self-talk
- Having marked mood swings
- Eating too much
- Not having enough energy to get things done
- Finding it hard to make decisions
- Having emotional outbursts

### Physical symptoms

- Muscle tension
- Low back pain
- Stomach/abdominal pain
- Unexplained rashes or skin irritations
- 'Pounding' or 'racing' heart
- Sweating when not physically active
- Unable to sleep or excessive sleep
- Shortness of breath



“ One of the symptoms of an approaching nervous breakdown is the belief that one's work is terribly important. ”  
~Bertrand Russell

# Stress

A definition, friends, of stress:  
Your own reaction to a mess  
Stresses may be large or small  
Sometimes they're not perceived at all  
Examples: Say a lack of cash;  
A just-avoided freeway crash;  
An allergen that's in the air;  
The barber says you're losing hair;  
Fifty on a spavined horse;  
Attorney's letter re divorce;  
Wetness, dryness, heat or cold;  
Callow youth or getting old  
Stress from pains to pleasures range

The common element is change  
Adapt or die, and that's a fact  
And so our bodies must react:  
The heart speeds up, the gut slows down  
Facial muscles snarl or frown  
Bronchial tubes expand and then  
The blood absorbs more oxygen  
Widened pupils search the void  
Adrenal glands secrete steroid  
Serum glucose starts to climb  
More insulin works overtime  
Stressed physically or mentally

Muscles tense to fight or flee  
The mid-brain boils with rage and fear  
While cortex plans to save your rear  
The point is, stress is not unique  
It doesn't mean you're dumb or weak  
A part of mankind's constitution  
Bequeathed to us by evolution  
Common both to man and beast  
It proves you're still alive, at least.

**By William Goldsmith, MD**

# Time to De Stress!

**Avoid Unnecessary Stress:**

- Learn how to say “no”
- Avoid people who stress you out
- Take control of your environment
- Pare down your to-do list.

**Alter the Situation:**

- Express your feelings instead of bottling them up.
- Be willing to compromise.

Be more assertive.

Manage your time better.

**Adapt to the Stressor:**

- Reframe problems.
- Adjust your standards.
- Focus on the positive.

**Accept the things you can't change:**

- Look for the upside.
- Share your feelings.

Learn to forgive.

**Make time for Fun and Relaxation:**

- Set aside relaxation time
- Connect with others.
- Do something you enjoy every day.

**Adopt a Healthy Lifestyle:**

- Exercise regularly.
- Eat a healthy diet.
- Reduce caffeine and sugar
- Avoid alcohol, cigarettes, and drugs.

# The Team

**Editor**

Inderjeet Sokhi (M.A II)

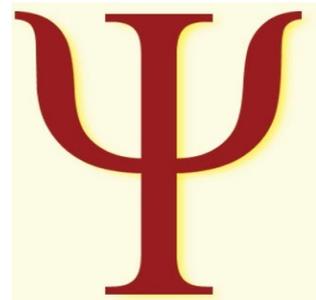
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# Five Myths about Stress.

**Myth 1: Stress is the same for everybody.**

Stress is different for each and every one of us. What is stressful for one person may or may not be stressful for another; each of us responds to stress in an entirely different way.

**Myth 2: Stress is always bad for you.**

Stress in and of itself is not bad (especially in small amounts). So while stress can be the kiss of death or the spice of life, the key is to understand how best to man-

age it.

**Myth 3: The most popular techniques for reducing stress are the best ones.**

No universally effective stress reduction techniques exist. We are all different — our lives are different, our situations are different, and our reactions are different. A comprehensive stress management program tailored to the individual works best.

**Myth 4: No symptoms, no stress.**

An absence of symptoms does not

mean the absence of stress. In fact, camouflaging symptoms with medication may deprive you of the signals you need for reducing the strain on your physiological and psychological systems.

**Myth 5: Only major symptoms of stress require attention.**

This myth assumes that the “minor” symptoms, such as headaches or stomach acid, may be safely ignored. Minor symptoms of stress are the early warnings that your life is getting out of hand and that you need to do a better job of managing stress.

**“ Despite the best advice, most people under stress neglect food ”**

# The Food Battle!

Our diet plays an important role in maintaining our physical as well as mental health. So here are some tips for getting good nutrition and maintaining a more healthy diet, even under stress:

1. Despite the best advice, most people under stress neglect food, or indulge in excessive eating and/or comfort foods. So at least start your day with 5 almonds and ei-

ther milk/lassi/protein drink or egg. You can also start a multivitamin multi-mineral supplement during the stress period.

2. Avoid heavy and late dinners.

3. Avoid or control too much of tea and aerated drinks.

4. When back at home, you should try to avoid all fried namkeens.

5. For people with a sweet tooth,

keep rasgulla or sandesh at home or just mix fruits, raisin and curd for a nourishing healthy dessert.

6. For severe acidity and gas try to take cabbage or kheera (cucumber) juice in the morning.

7. Many herbs are also beneficial for stress. These include tulsi, triphala, ginger, ashwagandha, ginseng and amla.

# Stress Quiz.

This questionnaire will help you recognize some of the signs and see where you fit on the stress continuum. Score one point for each "yes" answer.

1. Do you have difficulty relaxing?

2. Do you often feel irritable?

3. Do you worry about the little events of the day, and find that you are unable to shut off your mind?

4. Do you eat or talk excessively

(especially by other people's standards)?

5. Are you competitive and aggressive?

6. Do you find it hard to relate to people?

7. Do you find yourself impatient with others?

8. Do you eat quickly?

9. Do you take on too much?

10. Do you have difficulty delegating?

11. Do you have aching limbs, tense muscles, or recurrent headaches?

12. Do you have a dry mouth and sweaty palms?

13. Do you have problems sleeping?

**Scoring**

**1-5:** Like most of us, you could use some practical ideas on how to calm down when challenges arise. Or you may want to reach states of even deeper peace. If so, read on for some inspiring ideas.

**6-10:** You are quite stressed. Pay attention to these warning signs. This is the only body you have. Treat it well. You'll see how to do this in the following pages.

**11-13:** You are very stressed. Clean up your act before there are serious consequences.



# Beacon

Psychology is a science of the behavior of living organisms. The application of this knowledge to real life is an art. 'Beacon' is an endeavour of the Department of Psychology to bring about a confluence of this science and art. All the theoretical discussions which resound in our class rooms helps students blossom forth in their academic careers. However, that is but a short term goal. The long term one, being pursuit of attempts to ensure mental well being of one and all, at least in our sphere of influence.

It has been our dream to share our knowledge of psychology with others since the subject is one which can have a profound influence on the quality of lives people lead.

My kudos to lecturer Vaishnavi Verma and the team of students, Inderjeet Sokhi, Urmi Chhapiya, Krina Gala, Madhujā Sawant and Riddhi Chotia, for helping in the fulfillment of this long standing dream.

Mrs. Archana Patki

Head, Department of Psychology.

## Battling Exam Anxiety

### **Be Prepared Early**

The most common cause of exam anxiety is lack of preparation for the exam. Set up a study schedule at least three weeks before your first exam.

### **Sleep Well**

Regular sleep is one of the best ways to control stress. Students who follow a regular sleeping pattern have been shown to perform 30% better than students who stay up late or get up early to study.

### **Same Caffeine & Sugar Intake**

Keep caffeine and sugar intake the same during exam time. Don't increase or decrease the amount of coffee, tea or cola that you normally

drink as your body and brain are accustomed to getting a certain amount.

### **Learned Relaxed Breathing**

Use relaxed breathing to calm yourself. Take your attention away from the task and take a few slow breaths.

### **Don't Study the Night Before**

Studying the night before an exam causes your anxiety level to increase. Unfortunately, it doesn't decrease when you go to sleep.

### **Review Main Themes**

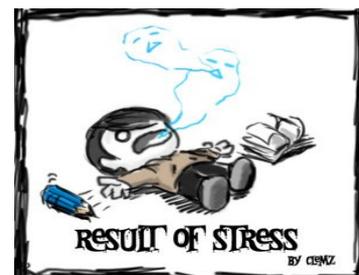
If it causes you anxiety NOT to study the night before an exam, review the main themes of the course earlier in the day.

### **Have a Plan before the Exam**

Having a plan in place will assist you to worry less about failing, and help you to concentrate more on passing.

### **Aim to Do Your Best**

Often, students start thinking negatively when things aren't going well on an exam. This can lead to lower self-confidence and increased self-doubt. Focus on the task instead of on yourself.



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