

# Too much work, too little time!

Teacher Stress Survey confirmed that there are large percentages of teachers which feel stress regularly throughout a school week. The results ranged from 7% to 38%  
23% felt stressed Always  
31% felt stressed sometimes  
38% where stressed 3-5 times a week  
7% where stressed 1-3 times in a school week. The main cause of their stress was due to students.

Too much work too little time-Nine out of ten teachers today feel that they are stressed.

They claim they are coping with heavy work loads and have little time to get that work due in the school day.

We all suffer from stress, some more than others, and when your reading this you may be thinking what is stress, how do I know if I am stressed, and how can I deal with my stress. Stress is when you feel like everything is on top of you and that you're under pressure to get everything done.

One group of people that suffer from stress are teachers.

Miss Goodall is the union representative for the NASUWT for Assumption Grammar and when asked if she feels a lot of teachers get stressed she had this to say – She said “there are high numbers of absence due to stress. The stress comes from constant changes in exam specifications, government’s initiatives, pupil behaviour and general loss of time to absorb changes.”

Before teaching in Assumption Grammar Miss Goodall taught in other schools around the country.

When asked if she noticed a difference between the stress levels at different schools she had this to say- “Through my own personal experience in a very academic situation demands are more mental and you have to know your stuff.

“My experience in a comprehensive sector was more physically demanding.

**“In these schools pupil discipline is a**



Exercise-When you are anxious your body produces large amounts of adrenaline, the flight-or-fight hormone. By keeping active you can help prevent this. Yoga, swimming or



**“In these schools pupil discipline is a high issue and you spend a lot of time trying to exercise control of a class therefore teaching time is limited and therefore teachers are more pressured.”**

Miss Goodall upholds many different roles in Assumption Grammar.

She is not only the union representative; she is also a religion teacher and the school counsellor.

But as when asked as a religion teacher does she relieve her stress through religion she said she didn't, well not consciously. She added “ I relieve my stress through humour (laughs) , but when under main stress I would pray because there is good and bad stress but when you try to do everything you tend to just crash and burn .”

**Stress can cause depression and can also affect your physical help it is important that you identify this stress and help to relieve it.**

One teacher in Assumption Grammar relieves her stress through exercise.

Mrs. Mc Effe is not the only teacher to do this but, she is a person who lives a healthy life style and still gets stressed.

can help prevent this. Yoga, swimming or even a long walk can reduce stress.

As shown on the Teacher Stress Survey, many teacher's had mixed opinion's on the schools new fitness suite. Studies show that 84% of teacher's were stressed. 49% relieved their stress through exercise, this included use of the fitness suite.



By Catherine, Lisa and Fionnuala