

Building Resilience to Stress

The three Cs of Stress Hardiness for Teachers

Commitment:

Remain focused on your purpose for teaching.

Keep close at hand a short statement of your goals as a teacher.

Review your goals on a regular basis.

View events as opportunities to achieve your goals as a teacher.

Control:

Remain *inner*-directed.

Establish an assertive sense of accomplishment.

Make decisions which have a genuine impact on student success.

Establish autonomy in aspects of your classroom management.

Challenge:

Recognize that stress is a part of life.

See tasks not as stressful, but as opportunities to meet your goals.

Reframe stress as challenges, not pressures.