



WORKSHOP FOR TEACHERS PREVENTING PROFESSIONAL BURNOUT, RELAXATION EXERCISES



Stress in the teaching profession

„ Stress is a dynamic adaptive reaction resulting from the difference between possibilities, but requirements of the situation, inducing the steady-state, i.e. the homeostasis for taking preventive behaviours which they are supposed to restore ”.

Allostaza

It refers not only to the currently nicknamed situation of the situation gone through requiring the reaction,, here and now ", but also to expectations, predictions about the future, attitudes



Stress is a natural component of our life

1. an alarm reaction is a motivation of the organism to face up the problem.
2. phase of the resistance - you are adapting to the existing situation functioning constantly on the high turnover.
3. the phase of depletion- then violent recess is coming

The most frequent stress factors appearing at work

1. organizational factors - number of duties, monotony, vague requirements, bureaucracy
2. human factors - difficult relations, bad transport, mobbing, aggression
3. temporary factors – rush , limited dates, conditions of commuting to work
4. incentive factors - low remuneration, not-fulfilling ambition, unbalanced evaluation
5. individual - a way of thinking, the type of personality, of temperament etc



STRESS SYMPTOMS

PHYSICAL REACTIONS SYMPTOMATIC EMOTIONAL REACTIONS

- pain tensions - lowered self-assessment of behaviour
- sleeping disorder - pessimism, helplessness - nervousness of moves
- lockjaw - anger - cry
- dryness in the throat - mistrust - twitches
- digestive disorders - depression - stuffing
- digestive disorders - intolerance, – libido falling

HOW TO COPE WITH STRESS?

Physical exercises help to eliminate the stress, during effort endorphins are secreted - hormones of happiness e.g. instead of the bar of chocolate.

Follow the rule 3 times 8

8 hours of dream,

8 working hours,

8 hours of caring about the psychophysical condition and becoming closer to it , when possible



Products helping in the fight stress

Wholesome white- containing all essential amino acids. It appears in meat, cheese, apples, the milk and yogurts.

Vitamins from group: B, D, E- vitamin B is in nuts which are also a source of vitamins from group B. Deficit of vitamin D supports depression, heightens stress! We find it in fish, eggs, milk, hard cheese and fish oil. Vitamin E protects immune and nervous system.. We find it in oils, almonds, eggs and wheatgerm and milk.

Magnesium- is anti-stress element, restores mental balance and is calming. It is found in nuts, almonds, cocoa and rice.

Iron- causes deficiency problems with concentration. We will find it in stinging nettle, parsley leaves, nuts and cereals.

Potassium- its deficiency causes impairing concentration and nervousness. So bananas, tomatoes, figs, an avocado and potatoes are important.

Fatty acids Omega 3 - they streamline functioning of brain as well as influence and affect the frame of mind. We find them in fish, oils and crustaceans.

„ Music soothes the savage breast "

So-called Effect of Mozart

- THE MUSIC MAKES CONCENTRATION EASIER
- HELPS WITH REMEMBERING AND CONSOLIDATING KNOWLEDGE
- INCREASES ACTIVITY OF THE BRAIN
- ALLOWS FOR ACHIEVING BETTER RESULTS, PARTICULARLY IN SPATIOTEMPORAL TASKS



FORMS OF REST

- LISTENING TO CLASSICAL MUSIC (NOT ONLY)...
- READING - NOT ONLY ...
- SEWING, KNITTING
- PAINTING ETC



Individual work and group work materials.

HOW TO IDENTIFY SYMPTOMS OF PROFESSIONAL BURN OUT , SYMPTOMS AND THREATS.

The following materials are in questionnaire forms, questionnaires as interviews will permit you the rational evaluation of distance to work, threatening with the professional burnout, associated with the malaise with the medical condition of teachers. Please get acquainted with the materials, listen to orders of the coach and answer the questions included in the material.



STRESS TO THE OWN WISH

(Blackstein and others)

Questionnaire form for teachers

1. I lose my patience quickly , many things happen too slowly for me.
2. I often react with irritation, when something is not going my way.
3. Trifles often irritate me
4. I cannot discover my weak points, others would use it immediately.
5. I must always be better than others
6. I am afraid of making mistakes
7. I am dissatisfied, since my professional expectations aren't fulfilled
8. in the recent time in my life irritating situations are intensifying

Reply the questions with YES/NO



Answer the following questions:

1. Which people do you spend the most time with?
2. Which people from your surrounding are really important for you?
3. Whom do you talking about yourself, about your personal matters ?
4. Who do you spend private time with?
5. Who willingly would you like to establish more intensive contact with?
6. Who would you like to establish a new contact with?

When fewer people in point 1 turned up then at the answer to a question 2-4, pay more attention to fitting your new social environment than to personal needs. Your answers to questions 5 and 6 are the best point for future changes.



Stress as a result of overworking

(Blankstein and others)

Answer Yes or NO

1. Work gradually is surpassing me.
2. I have feeling that a I must do everything alone to succeed in undertaken task.
3. There are such days, in which I have feeling that I could not settle none of earlier planned cases.
4. I don't have time to deal with what is really important.
5. For me a task is performed only when I have feeling that everything was done.
6. To carry out all tasks, normal (given) time of work is not enough for me.



Set of straight breathing and relaxation exercises at music - for everyone

SET OF BREATHING EXERCISES

A. EXERCISING IN STANDING POSITION

1. inhalation with nose, exhalation with mouth.
2. inhalation with extending a hand ahead , exhalation with dropping hands.
3. inhalation with extending a hand to the back and making the chest bulge, exhalation with dropping hands and moving to the torso.
4. inhalation with raising hands up and into the side, exhalation with the forward bend.
5. inhalation - hands on hips, bend into the side, exhalation in the straightened position.
6. hands laid on the neck, elbows similar to oneself, fast inhalation - to part elbows into the side, slow exhalation - to move elbows close.
7. hands raised into the side - right turn (inhalation), left turn (slow exhalation).

B. EXERCISING IN A SITTING POSITION AND KNEELING

1. sitting position with crossed legs: inhalation with raising shoulders, exhalation with leaving shoulders.
2. sitting position with crossed legs: inhalation in the straightened position, exhalation at the forward bend.
3. inhalation at the bend into the side, exhalation in the straightened position.
4. deep breath and long exhalation connected with the blowing into the tuft of cotton wool hung on the thread in order to how longest stayed in the distance



SET OF RELAXATION EXERCISES

A. WHOLE BODY EXERCISING

1. Free march with loose swings of hands.
2. Bending: transferring a hand extended into the side with bow and touching the floor in front of you
3. Bending: up to move extended hands into the bottom, to touch in front of you.
4. loose swings of hands into the side with a twist of your body and head.

B. EXERCISING UPPER LIMBS

1. loose swings of both hands left, to the right, into the bottom, up.
2. swings of hands spread into the side towards the front for the combination and oneself.
3. swings of hands extended up above the head downwards for crossing in front of you
4. circulation of shoulders left into the bottom.
5. protracting.
6. bops with hands against oneself, against thighs.
7. shaking the hand, shaking the hand off down before oneself
8. beating with fingers leaning against thighs.

C. LEG EXERCISES

1. swings of legs ahead (take turns).
2. swings of hands and legs into the side.
3. shaking your leg once right, time left - for the change.
4. walking in the place with raising knees



How to calm down

HOW TO DEAL WITH SITUATIONS THAT DEMOTIVATE YOU?

1. Have a cry for yourself, if you feel such a need.

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2. sit down by the window, don't look at the phone.

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3. Have a walk.

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4. Talk to somebody you trust.

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5. Get enough sleep.

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6. Listen to your favourite song and dance.

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7. Hang out with friends.



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8. Meditate.

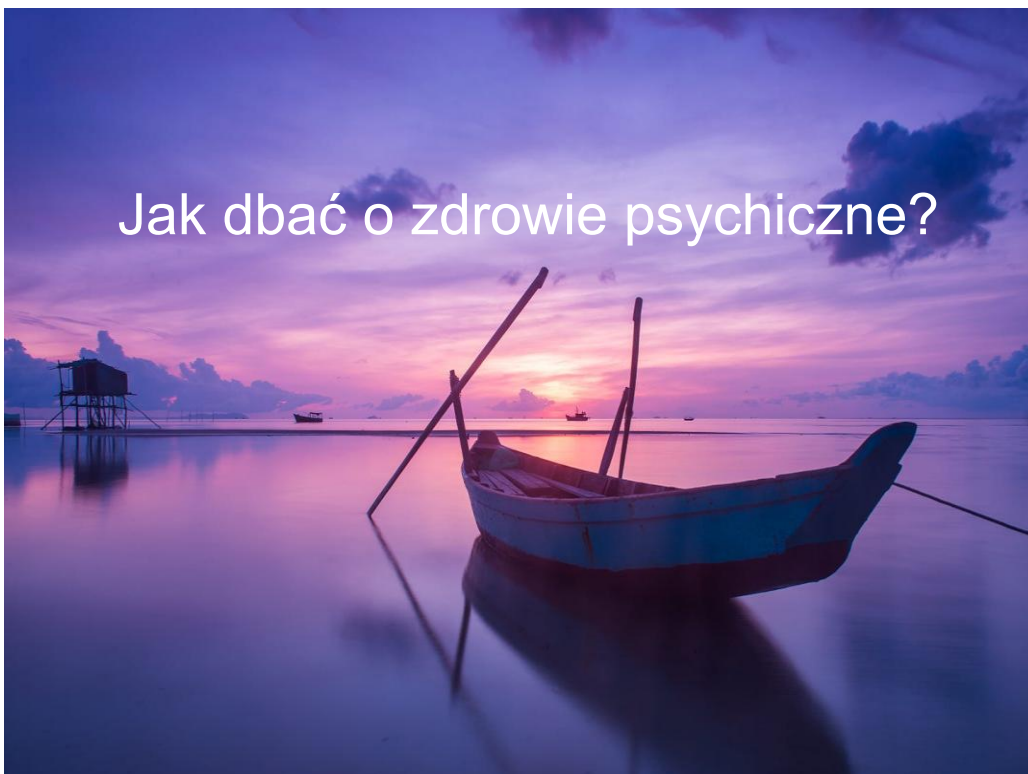
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9. Write a diary, emotions on paper give relief.

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10. Start tidying your house.

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Jak dbać o zdrowie psychiczne?

How to take care about your mental health?



Eat healthy food.



Do sports. Dance- it's the best form of keeping fit for „teenagers” after 40.



Childhood- let's recall. Treat ourselves as a kid who we'd like to hug in bad moments of our life.

Raz na jakiś czas pozwólmy sobie na słabości!



Let's treat ourselves from time to time.

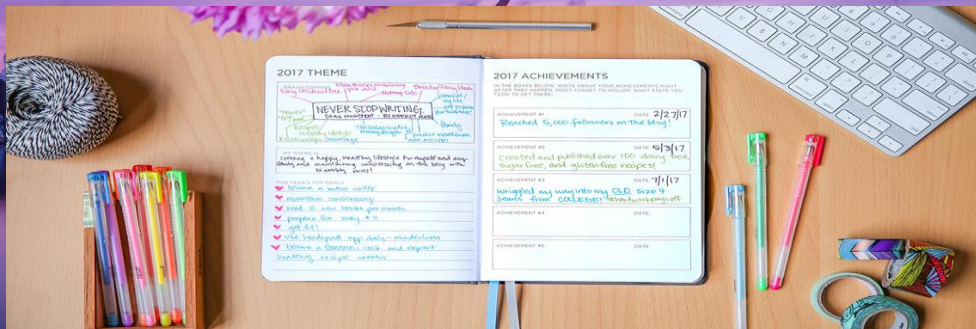


Learn to breathe.



Watch old movies, especially comedies.

Planuj swój czas!



Plan your time.

Medytuj, uspokajaj emocje!



Meditate, calm down.

Badaj się regularnie!



Have regular medical examinations.

Nie bagatelizuj sygnałów neurologicznych :

- bóle głowy
- kołatanie serca
- opadająca powieka
- zmienne ciśnienie
- stany lękowe przed wejściem do klasy
- problemy z zasypianiem



Don't ignore

- headaches**
- palpitation**
- changing blood pressure**
- anxiety disorders before entering a classroom**
- sleeping problems**

BE ASSERTIVE – SAY NO