



## Coping with stress

### Module: Teacher Professional Development – Change and uncertainty

#### Resource: Recognising signs of distress

There are several useful ideas we can employ to help us cope with everyday stressors. The purpose of this exercise is to consider ways to reduce the impacts of distress in our daily lives.

Think about how to cope with and prevent the feelings of distress you identified in the table above, by coming up with a list of strategies to help you cope with these stressors.

The table below has examples to help you get started. Be creative, as there is no one right way to reduce stress. You need to work out what is best for you

Exercise	Exercise with other people to keep motivated
Nutrition	Don't skip meals
Sleep	Go to bed at the same time each night
Stimulants	Don't check emails right before bed
Support System	Talk to friends when I need help
Self-care	Recognise your limits
Time management skills	Make a schedule to follow
Relax	Watch a movie