

A top-down view of a desk with various items: a smartphone, a pencil, a pair of glasses, a laptop keyboard, and a coffee cup on a saucer. The background is a solid dark blue color.

How to Cope With Job Related Stress for Faculty

Ayda Basgul Martin, MD

South Louisiana Community College

Natural Science Department



Ayda Basgul Martin, MD, Assistant Professor
South Louisiana Community College,
Lafayette/LA

Learning Objectives

Define Define the faculty stress.

Explore Explore the frequencies of the faculty stress

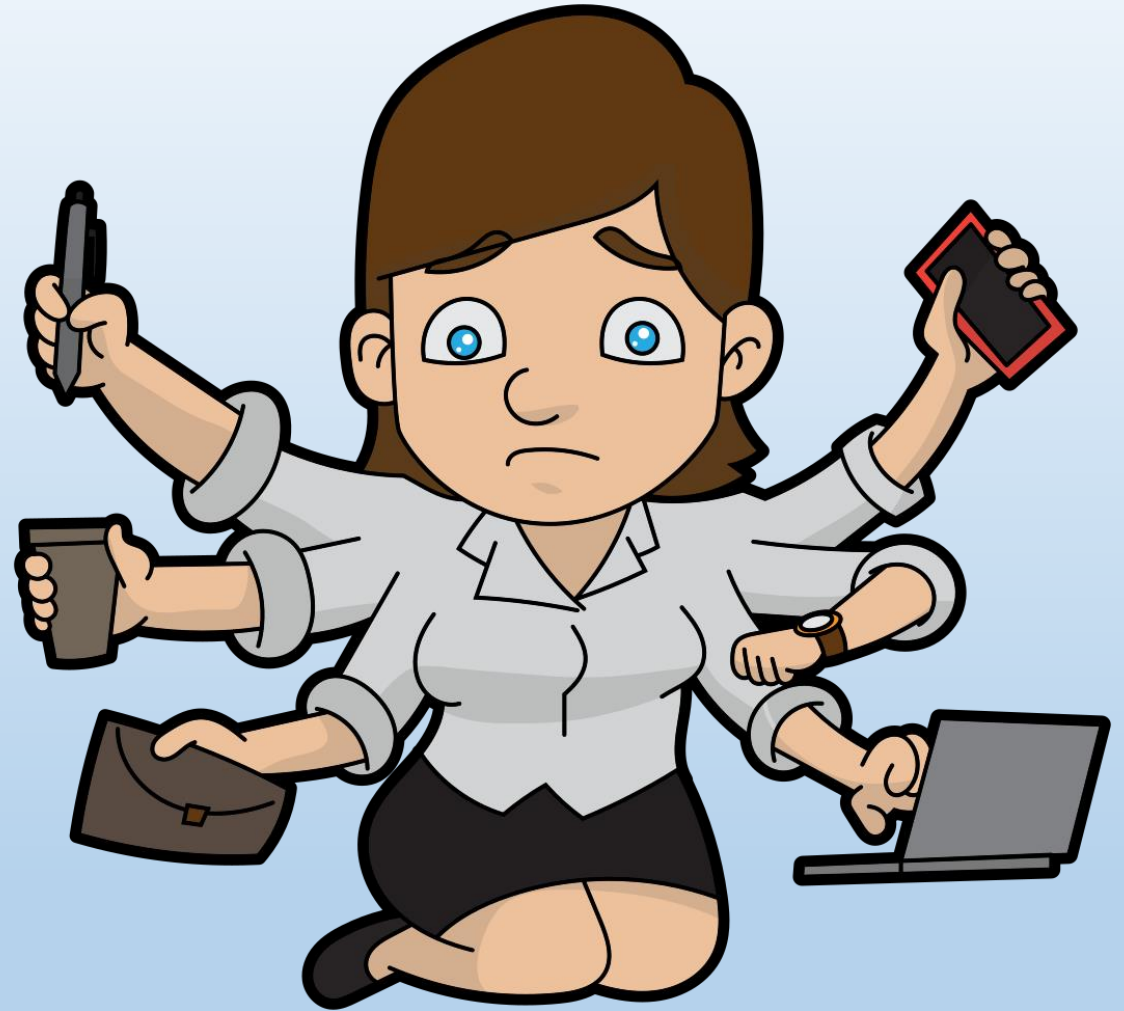
Identify Identify the causes of the stress for faculty.

List List tips to cope with the stress.

Plan Plan how to apply tips to your situation.

Definition

- **Faculty Stress:** the experience of unpleasant emotions, such as tension, frustration, anxiety, anger, and depression resulting from aspects of work as a faculty.



Statistics



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

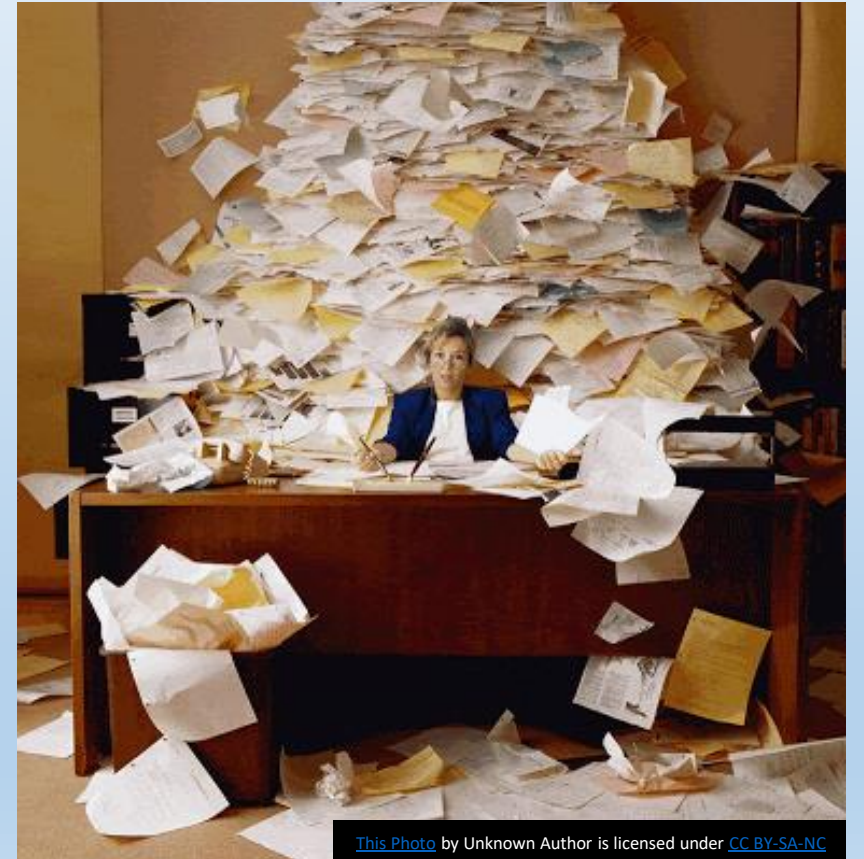
A growing number of studies suggest that faculty members are vacating their current positions for stress-related reasons (AFT, 2009; Carey, 2012; Guttenplan, 2012; Mason, 2009). Kyriacou (1987)

“In the study of more than 570 full- and part-time faculty at two- and four-year colleges and universities, three out of four reported experiencing significant stress while transitioning to new modes of teaching”.

“Permanent new normal: 75% of faculty are concerned that changes in class size and teaching modality, or other shifts, will make it more difficult to provide high-quality instruction and form strong relationships with students”.

The sources of stress for teachers

- work overload,
- student behavior
- role ambiguity and role conflict,
- management ineffectiveness,
- disparity of rewards & recognition,
- unsupportive coworkers and
- lack of career development opportunities.



This Photo by Unknown Author is licensed under [CC BY-SA-NC](#)



The stress of faculty is deeply linked to stress of students and student behavior:

- Hostility towards the teacher
- Inattention during class
- Noisiness
- Lack of effort in class
- Unpreparedness for class
- Hyperactivity
- Disregard for school rules
- Damage to school property
- Hostility toward other students
- Lack of interest in learning

Work Overload

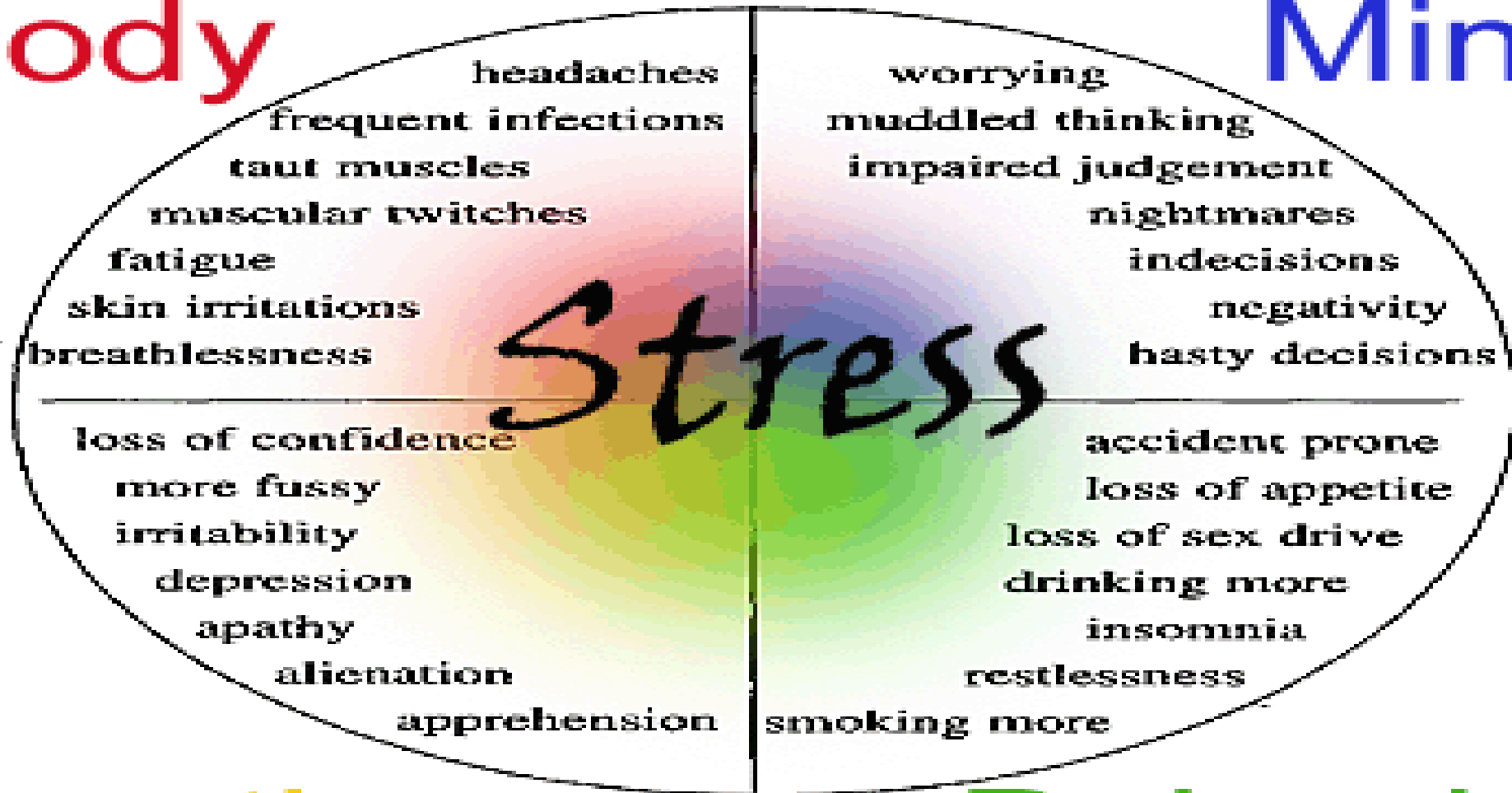


[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

- Adapting the newest condition and learning new technology

Body

Mind



Emotions

Behavior

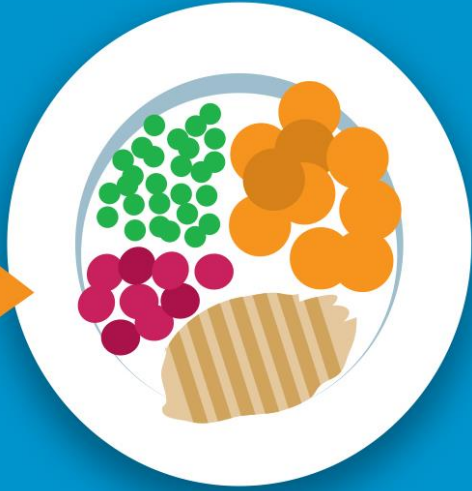


STRESS RELIEF THIS WAY

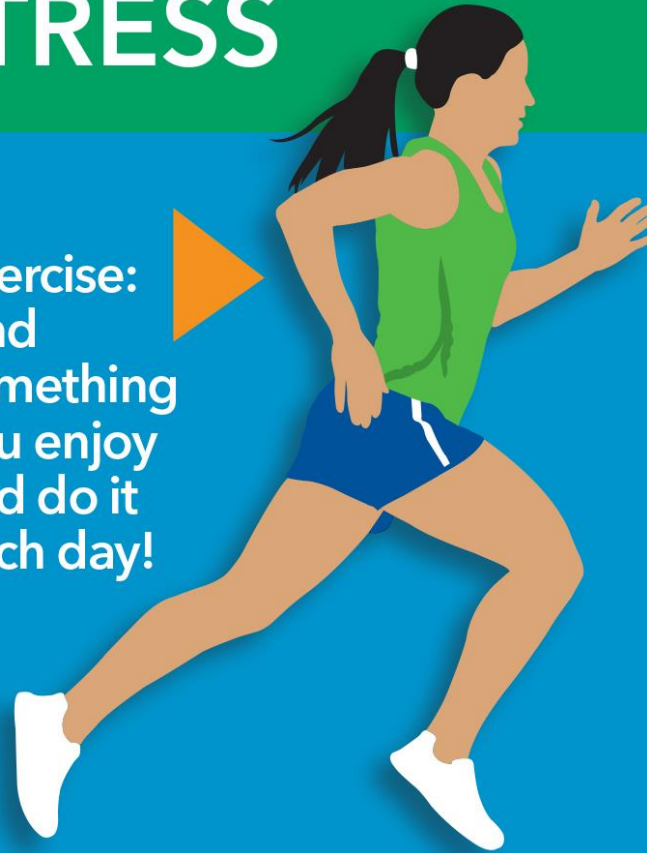
5

TOP TIPS FOR RELIEVING STRESS

Eat nutritious food—fill your plate with lean meats, fresh fruits and veggies.



Exercise: Find something you enjoy and do it each day!



Drink lots of water!

Get at least 7 hours of sleep each night.



Make a task list and



POWER OF THE SMILE

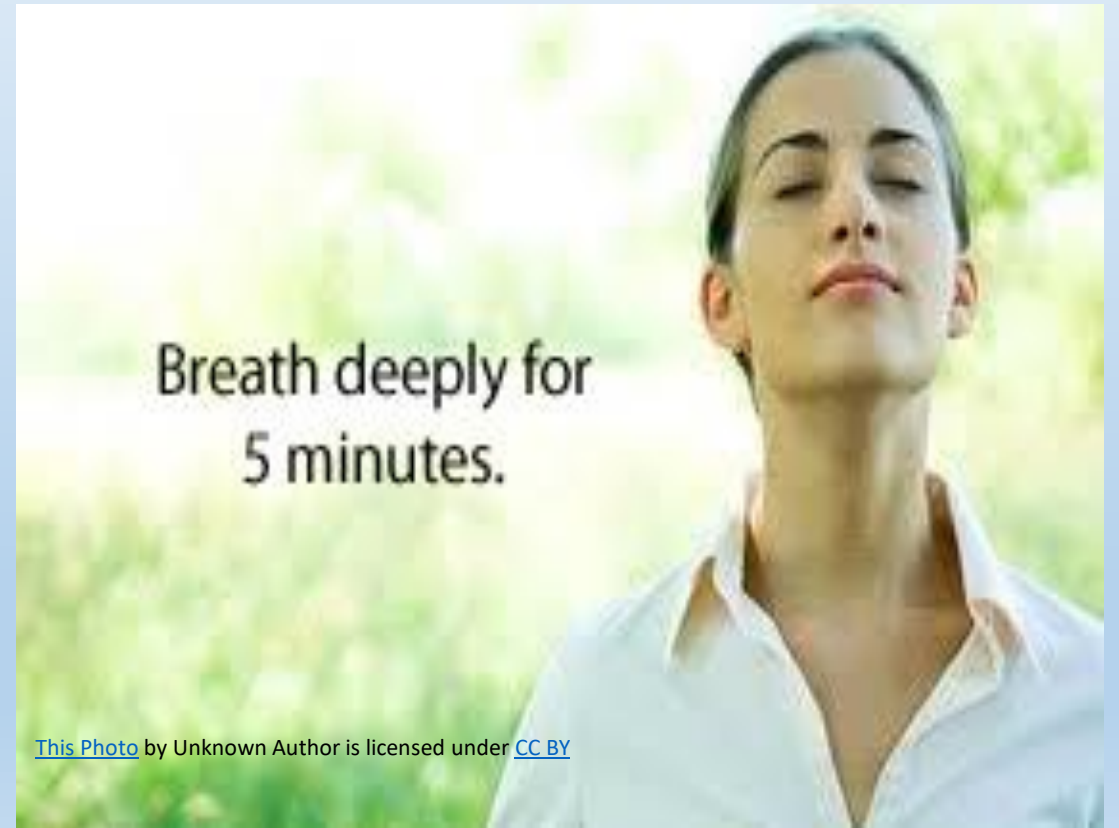


[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

- *Never Underestimate the Power of
Your Smile!*

BREATHING TECHNIQUES

1. Exhale the air from your lungs.
2. Keep them empty for four seconds.
3. Inhale through your nose for four seconds.
4. Hold for a four count (don't clamp down or create pressure; be easy)
5. Exhale for a four count.
6. Repeat 3 times



MAKE A LIST



“Stop, look, go.”

- Stop, quiet your minds, and create “stop signs”, little reminders of things that we should be grateful for every day.
- Look, use your all senses and enjoy life simply.
- “Go, move forward and take advantage of what life offers you moment by moment.

EXERCISE



- Walking in nature
- Yoga
- Meditation
- Bicycling
- Swimming

COMPANY

Communication

- Praying
- Family
- Friends
- Colleagues



HOBBIES



- Gardening
- Drawing
- Cooking/Baking
- Music
- Dancing
- Fishing

DON'T'S

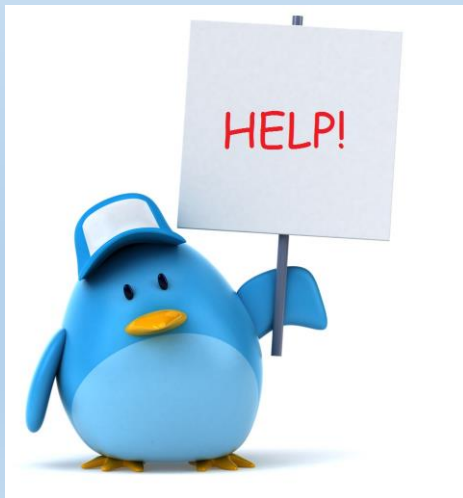


Drinking, Smoking, Sedatives & Stimulants

- temporary relief
- don't solve problems.
- can create mental and physical health problems in the long term.

ASK FOR HELP

- Asking for help doesn't make you weaker, it makes you better at your job.



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

MAKE CONNECTIONS

- Cultivate relationships with colleagues
- Sharing of ideas, tips and tricks are a great means for feeling connected to co-workers



[This Photo](#) by Unknown Author is licensed under [CC BY-NC-ND](#)

FORGIVE YOURSELF

- Forgiveness is a gift that relieves stress, anger, and resentment, feelings that are known to negatively affect the body and mind.
- If you can bring yourself to forgive and forget, you are likely to enjoy lower blood pressure, a stronger immune system, and a drop in the stress hormones circulating in your blood, studies suggest.



FORGIVE
& FORGET

How to handle stress: teachers & education staff

- “Know your priorities.
- Be aware of what stresses you out.
- Forgive yourself: don't dwell on past mistakes.
- Don't bottle up anger & frustrations.
- Set aside time each day for recreation **and** exercise.
- Take your time.
- Practice gratitude.
- Cut down on drinking, smoking, sedatives & stimulants”.

<https://www.educationsupport.org.uk/handling-stress>

Questions & Answers & Contributions

Contact Information:

Ayda Basgul Martin, MD
ayda.martin@solacc.edu



This Photo by Unknown Author is licensed under [CC BY](https://creativecommons.org/licenses/by/4.0/)

Resources

- <https://universitybusiness.com/college-university-faculty-stress-burnout-growing-during-covid/>
- <https://www.inquirer.com/health/coronavirus/college-faculty-mental-health-philadelphia-covid-pandemic-20201216.html>
- <https://www.wgu.edu/heyteach/article/9-stress-management-strategies-every-teacher-needs-know1612.html>
- <https://files.eric.ed.gov/fulltext/EJ1244645.pdf>
- <https://stars.library.ucf.edu/cgi/viewcontent.cgi?article=1222&context=jhoe&httpsredir=1&referer=>