

Chapter 2: Ride the Wave, Strategy 3

Researchers Vicky Austin, Surya Shah, and Steven Muncer (2005) offer the following list of activities for coping with teacher stress. Place a check mark next to each activity you have done and an X next to each one you wish to do in the future.

_____ Being active in a social club

_____ Preparing for work

_____ Being busy

_____ Relaxing or lying down

_____ Being by myself

_____ Running long distances

_____ Bicycling

_____ Screaming

_____ Breathing deeply

_____ Sleeping

_____ Crying

_____ Taking a hot bath or shower

_____ Eating

_____ Talking to a friend

_____ Exercising

_____ Throwing something

_____ Jogging

_____ Visiting friends

_____ Listening to music

_____ Walking

Source: Adapted from Austin, V., Shah, S., & Muncer, S. (2005). Teacher stress and coping strategies used to reduce stress. Occupational Therapy International, 12(2), 63–80. Accessed at www.onlinelibrary.wiley.com/doi/pdf/10.1002/oti.16 on July 17, 2019.