

# How to handle stress



Practical advice for teachers and education staff.



**1 Know your priorities**



**5 Set aside time for recreation and exercise**



**2 Be aware of what stresses you**



**6 Take your time**



**3 Forgive yourself: don't dwell on past mistakes**



**7 Practise gratitude**



**4 Don't bottle up anger and frustrations**



**8 Cut down on drinking, smoking, sedatives and stimulants**