

Last week we talked about your stress; this week, let’s look at your students’ stress levels.

The overflow from your stress can cause your students to feel stressed. Students also bring their own stress, however, not only about academics, but also about holidays, friendships, relationships, life after school and everything in between. CTE students range from middle school to adult, adding to the sources of stress.

While student stress is usually different than that of teachers, several relief techniques are the same. One of the easiest things you can do as a teacher is to ask your students what causes stress for them, especially going into the holidays and a major grading period. It all goes back to tips Nos. 2, 3 and 4 where we talked about getting to know your students. It is not just a one-time activity, but an ongoing challenge.

Below are a few tips to help relieve student stress:

* Get organized. Those with middle school kids know that they live in disorganization, yet even high school and adult students may need a little help organizing the work that lies ahead, so they do not put it off until the last minute. In helping them organize, you also organize yourself.
* Prioritize. Help them prioritize what they need to do today, tomorrow, next week, next semester. While most CTE classes are lab classes, prioritization is where many students get lost. Help them set realistic goals.
* Exercise. While you do not have time in your class schedule to run students through an exercise schedule, you might start with a stretch that gets them out of their seats and can take less than 3 minutes. And if you have a long class, you can also do a short stretch session after the break.
* Laugh. Laughter is good for you and for your students. You might want to try combining humor with the bell ringers.
* Support. You are their best cheerleader. Look for things they are doing right and give them praise.

While you do not want to stress over the students’ stress, you need to know you cannot de-stress all students. The more you can de-stress, however, the better the entire classroom mood will be. I have attached a de-stressing poster that might be helpful for your students.

Were the Teacher Tips on stress useful?

[Click an answer]

[Yes](https://www.surveymonkey.com/r/YYHX36G) [No](https://www.surveymonkey.com/r/Y28JGV6)