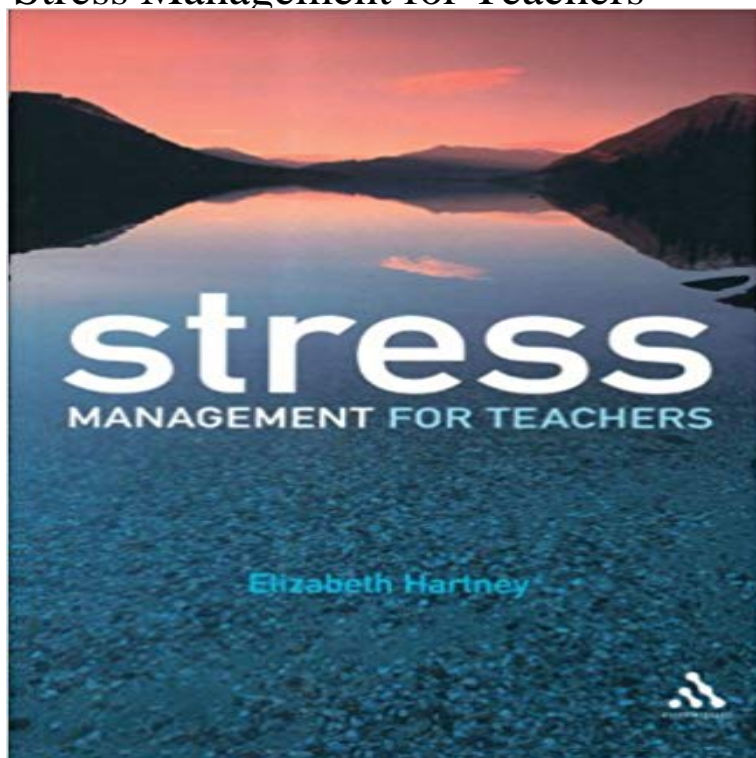


Stress Management for Teachers



Teaching has long been recognised by researchers as one of the most stressful professions. However, only in recent years has the scale of occupational stress faced by teachers finally been addressed by government policy. In this ground-breaking book, Elizabeth Hartney provides readers with a basic understanding of stress, in the context of teaching in schools, and its effects on personal and professional well-being. Drawing on recent research into stress in teachers, the latest political changes affecting teachers, and stress management effectiveness, she suggests a wide range of strategies and an exhaustive and up-to-date list of resources to assist teachers and trainees in coping with all manners of stress, from stress in the classroom and the requirements of administration, to career development and coping with difficult people.

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