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YES4 E-LEARNING

Profile 2

PROFILE 2: MODERATE STRESS

RANGE 63 - 88

Characteristics:

Those teachers experience a combination of emotions, with a tendency towards moderate stress and anxiety.

They also report some level of satisfaction with their work and enjoyment in online teaching, indicating an ability to manage stress effectively.



Varied scores, with a tendency towards low to moderate values (2 or 3) in statements related to stress, job satisfaction, and enjoyment of online teaching.

PROFILE 2: MODERATE STRESS

POSSIBLE SOLUTIONS



Offer training in stress management techniques and self-care to help teachers better manage work demands.



Provide opportunities for collaborative work and resource sharing among colleagues to reduce individual workload.



Implement emotional well-being programs and psychological support for those experiencing moderate stress levels.



Foster a continuous learning and adaptability approach to address the changing challenges of the virtual environment.

PROFILE 2: MODERATE STRESS

INDIVIDUAL ACTIONS



Practice breathing and relaxation techniques to reduce stress during tense moments.



Establish healthy boundaries between work and personal life to avoid burnout.



Seek support from colleagues and share experiences and strategies for managing stress.



Prioritize time for recreational and wellness activities outside of work to maintain emotional balance.

