

EDUCATOR SOURCES OF DISTRESS

Conflicting points of view-differences in perception
Disciplining young people
Too many things to do at the same time
Not enough time
Choosing priorities
Financial stress-budget
Changing and undefined roles-ambiguity
Power struggles
Lack of control
Lack of recognition
Preparing for a meeting/follow up
Dealing with people that are hard to work with
Juggling time-energy as mother also
Lack of prep time
Unrealistic expectations
High demands
Social expectations
Need for flexibility
Interpersonal relationships
 Lack of cooperation
 Lack of support from co-workers
 How the boss & others see me re performance
Trying to please everyone
“State of mind” of those you work with
Contrast of standards in the workplace
Physical surroundings – atmosphere
Time constraints
Endless paper work
Deadlines
Feelings of helplessness (seeing no growth within students)
Too many people
Parental denial
Rejection from clients/students
Malaise/negative attitudes

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