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A study on coping strategies of stress free environment among self financing college teachers

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“Be Happy and Make Others also Happy”

Happiness is an inner state of mind. But there is nothing fixed in this ever changing world, ups and downs in our life, increase the importance of happiness which makes happiness and sadness two sides of a coin. Happy people have younger hearts, younger arteries, and a younger real age. Happy people recover more quickly from surgery, cope better with pain, have lower blood pressure, and have longer life expectancy than unhappy people. Stress is a subject which is hard to avoid. The concept of stress is something that involves biochemical, physiological behavioural and psychological changes. Stress mean hardship, strain, adversity, or affliction. Education is like an insurance which gives guarantee for comfortable and dignified life .Teaching is a noble profession because they deal with youth. They not only impart knowledge but also inculcate values and ethics among student community. Happy teachers alone can make students also happier in classroom environment.so the teachers must be stress free. Stress is a very serious problem if it crosses its limits. It is a feeling of emotional or physical tension and may cause several other problems among teachers, if it is not tackled properly on time. Teachers should have a work life balance and food for the soul. This paper analysis the coping strategies of stress free work environment among college teachers.

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