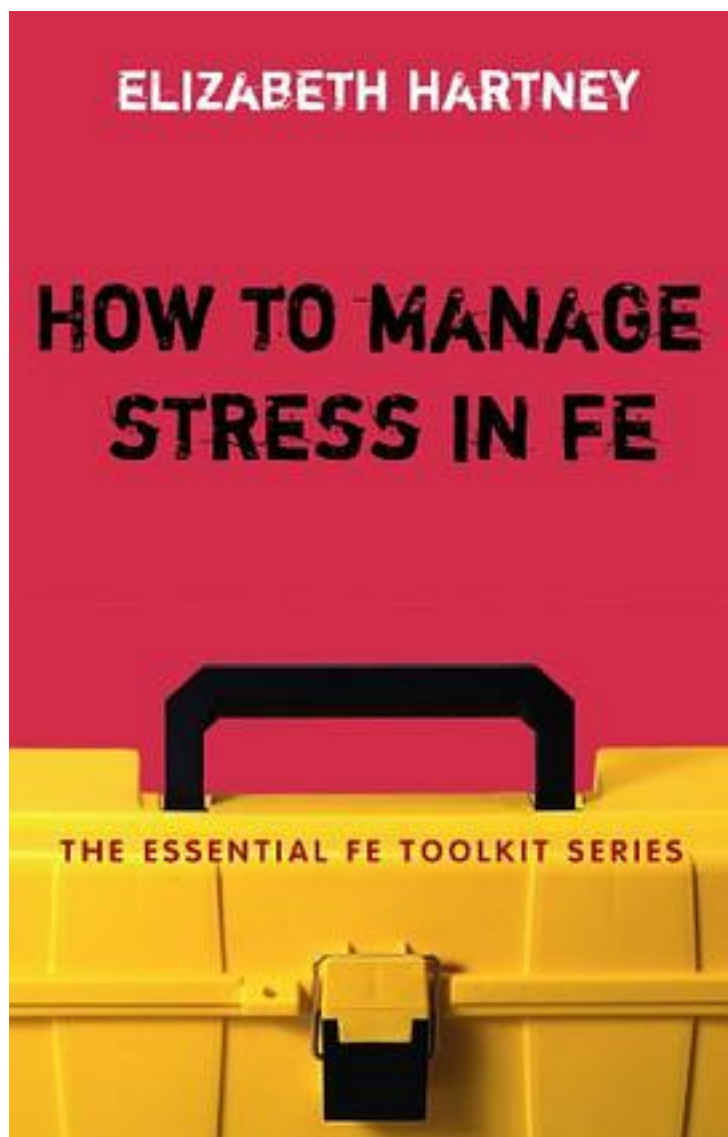


How to Manage Stress in FE



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Teaching in FE is a very stressful job. Any job involving people, plenty of targets and time-pressure is going to be stressful. Yet the sheer quantity of practitioners abandoning the profession suggests that there is more negativity and stress in FE than in any other sector of education. In this ground-breaking book, Jill Jameson explains how the RESTORER principle can help everyone in FE feel more in control of their work-life balance: Recognise the problem, Escape from the situation, Seek help, Try a range of individual solutions, Open up your mind and your life to new things, Reestablish your priorities, Energise, Renew. A must-read for stressed out practitioners in FE.

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