CAUSES OF TEACHER STRESS

1. Rise in student demands and expectations
2. Increase in workload and administration
3. Vulnerability due to accountability
4. Can be involved in up to 1000 interpersonal contacts a day
5. Expectations of self need for perfectionism
6. Lack social and emotional competence training
7. Demanding parents
8. Lack of time to meet admin requirements

www.teacher-wellbeing.com.au