



# Stress Relief for Teachers: The Coping Triangle

*Claire Hayes*

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## Stress Relief for Teachers: The Coping Triangle Claire Hayes

Even the best teachers can feel overwhelmed with the pressures of the job and become prone to anxiety, depression and anger. This book offers teachers an easily implemented and proven approach to dealing with these feelings in a more helpful way, enabling them to cope with taxing situations as well as the day-to-day stress of the classroom. Based on the principles of cognitive-behavioural therapy and on the author's many years of experience, *Stress Relief for Teachers* is both a practical guide to feeling better and more in control, and a guide to understanding difficult feelings and how our thoughts, feelings and actions are inextricably linked.

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