



The Nurturing Teacher: Managing the Stress of Caring

Kjersti VanSlyke-Briggs

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The Nurturing Teacher tackles the concerns of stressed teachers. Whether from nurturance suffering (stress related to caring for students) or from the piles of paperwork yet to be tackled, this text helps the reader sort through the causes of stress, the emotional, physical and social reactions to stress and how one can begin to plan a stress management plan. The book includes a historical overview of feminist education, the perception of caring teachers in the media and a look at emotional labor and the impact on the teacher.

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