

Table of Contents

- 1 Introduction
- 2 Teachers, Stress and the æCoping TriangleÆ
- 5 Understanding Anxiety
- 6 Understanding Depression
- 3 Common Stressors in the Classroom: Age, Gender, Ability, Personality
- 4 Anger, Anxiety and Depression As Reactions to Stress
- 7 Coping with Anger, Anxiety and Depression in the Classroom
- 8 The Theory Behind the æCoping TriangleÆ
- 9 From Theory to Practice!
- 10 Conclusion