Educators face stress every day in the workplace.

**Martial Arts**
Martial arts teachers can become stressed both physically and mentally. Training for hours on end can have a very negative effect on the human body. Since many fighters also have an “alpha male” personality, there are many arguments that can lead to added stress.

**College Professors**
The stress professors experience through their relationships with students, such as their lack of interest to learn, affects their mental health.

**High School Teachers**
No respect in the workplace due to conflict with colleagues and administration. Stressors from work include budget cuts and too much or too little work.

**Discussion**
Teachers have to find motivation to go to work every day. There are different causes of stress that teachers face. Besides conflict with colleagues and students, having to deal with administration is also stressful. Things like having to live up to industry standards also provides stress to their lives.