

## **ABSTRAKT**

The aim of the work was to reveal the differences between teachers in the city and in the countryside and to compare their lifestyle, we were interested in aspects of life of both groups, their eating habits and the way they spend their free time. The work deals with a healthy lifestyle, its aspects and the relationship to the teaching profession. It consists of a theoretical and research part. The theoretical part introduces the essence of a healthy lifestyle, so it focuses primarily on what a healthy lifestyle is and how to achieve it. For this reason, it was necessary to obtain information on all factors affecting a healthy lifestyle, which is diet, drinking regime, exercise, sleep, but also mental balance and the ability to withstand stress. One of the chapters deals with this, which also brings the connection between stress and burnout syndrome and informs about the possibilities and techniques of defense against it. The research part was created using a questionnaire that monitored the lives of teachers, their habits and quality of lifestyle, compared the differences between teachers in the city and in the village. After the questionnaires were evaluated, the two groups were compared with each other and an overall assessment of teachers' lifestyles was determined. Recommendations for both groups of teachers and school management also became part of the research part, because there are also some changes in their competence that could lead to an improvement of the current situation.

We believe that the work will provide not only an interesting view of the life of teachers from a non-pedagogical, but still important point of view, but that it will be an inspiration for possible further, more detailed, studies on this topic. After a few years, it would also be interesting to repeat this research with the same questionnaires and compare how much the situation has really improved, whether the recommendations in this work have helped to improve, or whether nothing has changed for the better.

**KEYWORDS:** teacher, health, diet, lifestyle, burn –out syndrom