

Abstract

Teaching is considered one of the professions with the highest levels of stress. As part of their job, teachers have to cope with a number of factors that can cause stress. The aim of the study was to create a review based on the international and Czech primary literature summarizing the knowledge about the stress factors of teachers and the possibilities of coping with them. The opening chapter of the thesis focuses on situating the issue of stress in the teaching environment and summarizes the possible consequences of teacher stress. The main part of the bachelor thesis contains information about stress factors of teachers in the international and Czech context, along with ways of coping with stress. The stressors associated with the recent COVID-19 pandemic are also taken into consideration. The thesis concludes with recommendations to reduce teacher stress and minimize its possible consequences.