

Considering the ever growing demands imposed on the present day education managers and their subordinates in a rapidly developing transformation society, the issues of mental well-being and of keeping it are substantiated, because properly working managers and teaching staff play a key role in every school's success. This thesis is focusing on identifying the causes of the negative phenomena connected with mental health with which education managers and teaching staff are confronted on an everyday basis; i.e. the causes of stress and burnout syndrome. This thesis also deals with the aftermaths of these negative factors that may have adverse effects on the performance of the whole staff. The main objective of the thesis was to compile a well-arranged manual for school managers, or principals. The manual should be instrumental in creating an appropriate concept of mental hygiene for the teachers. Its implementation could prevent the above-referenced phenomena in a goal-directive fashion, minimize their occurrence, and deal with their consequences, if any, effectively and immediately.