# Chapter 56 Stretched Thin

# Stress, In-Role, and Extra-Role Behavior of Educators

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# Abstract

Ample anecdotal and empirical evidence attests to the considerable stress that teachers at all educational levels experience at work. While this stress, and the burnout that often follows, has typically been considered through the lens of the school environment or the teaching task itself, we suggest that educators' engagement in extra-role behaviors (that is, “above and beyond” their job duties) contributes substantially to feelings of stress and overload on the job. This chapter examines possible explanations for engaging in extra-role behavior in educational settings and suggests preliminary strategies for managing such behavior in order to reduce the overall stress experienced by educators in a wide variety of settings.