A TEACHER'S WELL-BEING

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Teaching is a stressful job since children nowadays can be a lot handful. And with the global pandemic events have added an enormous pressure in education. Some teachers may suffer from burnout, physical and emotional distress, and reduced in self-confidence and self-esteem. This can result in teachers leaving the profession for good. How do we prevent this from happening?

A teacher's work is never done. Alot of teachers do enormous amount of paperworks even at home and non school time. There are also times they have to attend webinars on daily basis. That's why time have to be manage wisely. Doing housework and listening to webinars at the same time can be a great solution. Another way is to share workload with others. There's nothing wrong in asking for help. Plan lessons and do some paperworks together with your colleagues. Workload can be reduce and be done faster that way.

Recognition is also a great factor. Rewards and even small word of thanks can uplift a teacher. It means that they're doing a great job despite the hardships. Always say uplifting words to your colleague from time to time. This will make work more enjoying not just for them but from everyone. Lending a helping hand can also uplift others and yourself. If one is working in a good enviroment then everyone will display high levels of energy and dedication to teaching.

A teacher's well-being not only improves health, but also has a positive impact on students and their education. That's why it's important to unwind and enjoy some
relaxation from time to time. Don't always bury your head in working. Work can always be done the next day but a lost health can never be recover.

References:
