BEING AWAY FROM YOUR OWN MIND

by:
Sisa Hualda Parrera
Master Teacher I, Samal North Elementary School

Loss of one’s job, closure of businesses, change of lifestyle, isolation from other people, drop in the economy and losing a loved one are just some of the effects of the pandemic. These factors could be the probable reasons why the physical, emotional, psychological and social well-being of the people is disturbed. And all of these factors lead to stress, depression and anxiety.

Teachers, likewise, had been susceptible to these kinds of experiences. Some of them may not be spared from those misfortunes. Some may have spouses who have lost their job, some had been isolated as well, some may have lost an additional income and the worst of all, some of them may have lost a loved one during the pandemic. This might have left them a feeling of fear and insecurity.

What aggravate the situation are the taxing jobs that are given to them. Incessant webinars, multifarious reports, exposure in the use of the internet technology wherein they are just new, difficulty in delivering the lessons to their pupils as well as communicating with the parents. Moreover, the insufficient supply of learning materials for their students really adds to their burden. Where else in their mind could they place those worries? What would they think first, their family, their job, their pupils or themselves? If the mind happens to be a balloon filled with so much air, this will definitely burst and might probably drive them away from their own sanity.

However, this shouldn’t be the scenario. If there’s somebody that needs to be strong, they must be the teachers because they are the nation builders. If the nation builders will be weak the whole country will definitely fall. So, how can we save the
teachers from being away from their mind and be able to cope up with their stress, anxiety and depression? Here are just some of the suggested ways.

1. Pray hard. In times of distress and loneliness, no one is really all alone because God is present. When fear tries to conquer you, just bear in mind that if “God is with us, nobody can be against us”.

2. Be open to changes. Accept change instead of refusing them. Change can be frightening due to its waywardness, but always keep in mind that this change might be for the better. Refusal to change is normal but eventually you will still get used to it. Seek the help of those who can give you assistance and never hesitate to ask questions.

3. Meditate. If you feel that you are already suffocated with all the burdens in life, have a moment of silence, just take a deep breath and feel the pureness of the air, and exhale gradually, that would make you feel relaxed.

4. tomorrow, this is the popular saying of Benjamin Franklin. Things have to get done on time because there might be an upcoming task the next day. Overlapping of tasks would really drive you crazy. Be efficient in doing your job and avoid wasting time thinking of unnecessary things, make yourself busy.

5. Count your blessings. Have a grateful heart for the things that you have. After you wake up think of the blessing that you received for the past days. This will keep you going for the rest of the day and will give you hope that each day is a blessing from God.

Life may be hard and unpredictable at times, but there will always be a rainbow after the rain. Be optimistic and be hopeful that something good will happen each day. Enjoy your job as a teacher and keep calm.

References:
Rieg, S. A., Paquette, K. R., & Chen, Y. (2007). EBSCOhost | 30096887 | COPING WITH STRESS: AN INVESTIGATION OF NOVICE TEACHERS’ STRESSORS IN THE ELEMENTARY CLASSROOM. EBSCO Information Services. https://web.a.ebscohost.com/abstract?direct=true&profile=ehost&scope=site&authtype=crawler&jrn=00131172&AN=30096887&h=9Mp6Kxoc7HknIkQmvtpDdpEUsknl7FZA31CfYx%2b0wZ%2fcVC0jFI3MNiaNf6LFKcB5fEY30jIjt%2bmIXmcDsHrxJg%3d%3d&crl=c&resultNs=AdminWebAuth&resultLocal=ErrCrlNotAuth&crlhashurl=login.aspx%3fdirect%3dtrue%3dprofile%3dehost%3dscope%3dsite%3dauthtype%3dcrawler%3djrn%3d00131172%26AN%3d30096887