BUILDING EMOTIONAL RESILIENCE AMONG TEACHERS

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Emotional resilience is the ability of a person to adjust, adapt and overcome stressful situations or conditions. Teachers are not strange to this because they need this capability in dealing with their daily duties and responsibilities in the school, particularly in handling learners and in mingling with parents and other stakeholders.

In helping teachers build emotional resilience, they need to consider the following:

Imbibe personal positive values in work. This would be helpful in developing emotional resilience among teachers for living with positive values would create in them positivity and strength in dealing with life and in interacting with peers, showing kindness and compassion.

Listen to advice and follow mentoring. The suggestions as given by experts and superiors are contributory in building up one’s morale and confidence which may lead to emotional resilience.

Seek for professional growth and development. The good on having professional growth and development is that it improves the teachers in varied aspects, thus one of those is the emotional resilience. This happens because learning makes the teachers realize stability in the profession and in boosting one’s self-esteem.

Resolve problems at once. In order not to be burdened with too much anxieties or worries, the problem being encountered should be resolved at once or right away. This helps in the achieving emotional resilience for you learn how to deal with different situations maturely.
Direct one’s focus in teaching the learners. Another way to develop emotional resilience is to be focused in your real responsibility which is educating the learners. Do not allow the insignificant things hinder your ways and obligations.

Handle stress and anxiety prudently. The teachers may build emotional resilience if they are trained in handling stress and anxieties intelligently. They need to learn the process of stress management for them to know how to handle pressures and problems thus emotional resilience is built.

Be emotionally strong. Teachers should bear in mind that they need to be emotionally strong and they should not be easily affected by stress or problem. Keep in mind that problems or things that cause stress are just normal would eventually perish.

Nurture yourself in managing your professional life. As a teacher you need to train yourself in projecting yourself well in public. Handle your teacher’s life with grace and deal with people professionally then emotional resilience may also be achieved.

Emotional resilience is necessary among teachers. Building it in them is a must and would help them in facing the challenges of the profession.

References:

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