BURNT-OUT CANDLES

by:
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Candles are great. A lot of people spend a lot of money to buy candles; different shapes, different scents, different colors. Some give energizing vibes, some are somber. Candles are available in wide varieties now.

No, this is not an advertisement for candles. Candles and people, especially teachers, have quite a few things in common. Teachers come in all shapes and sizes, and colors too. As candles are varied, teachers are too.

Some give off energizing vibes, some are somber. But the most important similarity is that they all give off light. They banish shadows, they make scary things go away. They give people a sense of security.

However, a not so often viewed similarity between candles and teachers is that they both have the possibility to burn out. When something gives off light brightly without slowing down or stopping, they are bound to be worn out.

A research done by Jollie Alson in 2019 states that “time pressure, educational changes, administrative problems, educational systems, and children misbehavioral” are the major causes of stress and burn out among public teachers.

In giving light, teachers consume themselves. In addition to this, they sometimes even get negative comments from the public. Still, just like a candle, no matter what happens, they shine. They give light to those who need it.

Maybe one day, teacher would be able to pace themselves. Maybe one day, they would find themselves with infinitely less stress. Maybe teachers would find the time for
themselves, to breathe, relax, get connected with themselves again. But for now, a toast and a prayer for all those burnt-out candles who keep on shining out there.

References:

• TEACHER BURNOUT: CAUSES, SYMPTOMS, AND PREVENTION
• STRESS AMONG PUBLIC SCHOOL TEACHERS BY JOLLIE ALSON
  https://digitalcommons.uncfsu.edu/cgi/viewcontent.cgi?article=1165&context=jri