COPING UP WITH STRESS OF THE NEW NORMAL

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As teachers, we are facing the new normal period with education. We have plenty of adjustment to make and work to do. Some of these are preparing weekly plans and accomplishment reports, communicating with parents by different means, preparing weekly learners plan and modules.

For the past five years of public school teaching, today’s school year is a challenging one. We have to adopt with the new normal, we have to flex ourselves in finding ways on how we will feed learning on our pupils without meeting them face to face, without teaching them personally.

Moreover, we have to be creative enough in monitor our pupils progress. It is difficult for us, teachers especially for those who have children whom they also need to teach in this phase of education. But we teachers won’t give up. We will face this challenge with pure dedication and belief that we can get through this. We are also one of the frontliners of this pandemic. We are fighting for our pupils’ future. And the key to fulfilling this goal is to cope up with the stress this pandemic is throwing us.

According to Le Fevre, Kolt & Metheny (2006), finding the right level of stressful stimulation rather than avoiding stress completely, is fundamental to effective stress management. Our stress now, isn’t the education itself, but the new normal that we have to face, the hardship of transferring learning to our pupils. But facing this with proper conviction will surely make the situation lighter for everyone.

Ahmadi et al (2018) believed that coping stress has been viewed as a stabilization viewpoint that could help a person in psychosocial adjustment over the span of stressful
occasion. Teachers, especially on this time should be the first person to be positive in facing the new normal. We may hear a lot of unwanted comments that may bring us down but our outlook in life and the way we handle criticism and judgement are our first armor in fighting the stress of the situation.

Additionally, Lazarus & Folkman (1987) believed that if the person has the resources to manage the challenge, he or she will usually develop a problem-focused coping response such as analysis. It is theorized and empirically demonstrated that a person’s secondary appraisal then determines coping strategies.

Being a teacher is not an easy profession. It gets challenging as the year goes by. And this time of pandemic gives us more pressure on executing our duty and responsibilities for the future generation. But I believe that we must stand firm and take these challenge to progress in the field of education. Proper coping with stress will give us a more peaceful and fruitful learning school year.

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