COPING WITH STRESS IS ESSENTIAL

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Stress is everywhere it became part of our life. Whether we like it or not we cannot escape from this dilemma. Educators all over the country believed that teacher stress has continuously increased. Most of them are having a hard time to manage this stress. Therefore, if it is left unmanaged this will lead to emotional, psychological, and even physical problems like heart disease.

Since teachers are engaged in so many activities in school, most of the time they tend to forget their health. According to a report, there are two cases of teacher suicides in just two months due to work-related issues. Heavy workload is considered a factor why they killed themselves. Accordingly, these teachers came from Cavite and Leyte. However, the Department of Education (DepEd) has worked with this matter to ensure that the mental health other education stakeholders and teachers are recognized and well taken care of. According to Usec. Sevilla, our government need to pay attention to the needs related to this kind of matter. The implementing policy of mental health law is still ongoing. Even the support system of teachers needs to be strengthened, give more de-stressing activities, and find hobbies or interest to avoid this kind of problem.”

Moreover, teachers’ wellness gets reflected in the students’ wellness. Teachers are role model, therefore, they are being imitated by their students, so if they established a healthy lifestyle, they would adopt it easily. Hence, teachers need to have activities that will strengthen their health despite their busy schedules. Some common techniques for coping with stress include the following:
• Drink enough water and eat healthy food. Avoid drinking alcohol instead drink eight (8) glasses of water a day and eat food which can help you reduce stress like fruits and vegetables.

• Assert yourself. It is ok to say “NO”. You are not born to reach the expectation of others. Being able to express yourself effectively and stand firmly with what you believe and respecting the rights and beliefs of others is fairly enough.

• Stop Smoking. Using cigarettes has a high health risk. Nicotine act as a stimulant and brings on more stress. In as much as avoid smoking.

• Exercise regularly. When you do it regularly it will help you keep your body at a healthy weight and will lower down the chance of having diseases.

• Have your time to relax. Do not allow stress to eat your whole system. Chill out and breathe deeply. Get a massage to reduce tension and enjoy life.

• Have time to rest. Ensure the six to eight hours sleep a day. Enough sleep allows you to function better the next day.

Healthy teachers are essential in a happy and progressive school. Strengthening the wellness program among teachers will improve their mental and physical aspects. Thus, teachers with a healthy mind and body can work properly and smoothly.

References:

https://www.medicine.net.com/stress_and_heart_disease/article.htm#