EMPOWERING TEACHERS’ RESILIENCY

by:
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Teachers are role models for their pupils.

One way to be well-driven, the teachers should be improving their well-being. Practicing mindfulness as a technique is a great one. Teachers who are mindful tend to be more organized, more attentive to their pupils and better communicators. We can achieve it by having stress management and meditation. Two substantial elements of being mindful are attention and attitude.

Attention is the ability to pay attention in the present moments to what’s happening. And attitude is to develop an attitude of acceptance, openness, curiosity of equinamity, with which we were observing those events. Teachers that are well-driven have a more improved mental health. They tend to be more resilient and better memory retention.

They form stronger relationships and communicate more. They walk attentively to the classroom or enter the room with a purpose and being calmer while interacting with the pupils. We need to be able to efficiently switch attention to be awake and aware as teachers. Being mindful helps in the teacher-pupil communication. The pupils feel better heard and engage their attention more effectively, so it helps students to learn. It improves the teaching and learning process when both have got their attention better engaged.
Being a well-driven teacher, his/her ability to tackle difficult situations becomes boosted and make him/her aware of what’s going on in the classroom.

References:
Mindfulness, Voice and Presentation

Techniques for Teachers

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