ESCAPING THE DISTRESS OF THE CLASSROOM

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Recent news have reported that a teacher took her life, hanged herself and greeted the creator instantly. This is not the first to happen. There are numerous cases of teachers who are willingly able to join the elements right away. Some blame that the causes of these incidence are the stress, distress and burden of the work the teachers had to endure year in – year out. Yet the causes are not solely the bidding of the Department of Education, there are other factors that contributed to the untimely demise of these poor fellow teachers.

Distress and of course stress are integral part of the profession and not only teachers experience these. It is undoubted that all profession share the same problem in the work place. These might be coming from the colleagues, the superiors, the subordinates, taxing tasks, and not to mention personal issues as well. It will be quite difficult to discuss on personal matters because we all know that every person has his/her own set of problems to deal with. So let’s focus primarily in the concept that most of us can relate to, the school.

Yes, the school can be both as distressing torture chamber or a haven of peace and happiness. It is only up to the teacher how he/or she will perceive the environment of the school and turn it to a productive and happy place rather than a dreadful and hateful location.

One simple yet affective way of ensuring that the teacher does not get pulled down or bear the weight of the work is through appreciation. Yes, a simple word that would mean a lot of things.
Appreciation of the little things is vital to make sure that that school is a place where the teacher may want to stay longer. Though simple, but in some cases this word can be quite a challenge to execute. For example, how would a teacher appreciate another teacher who is constantly late for class or absent or maybe sleeping during class hours? Admittedly these happens in a school. How can a teacher apply appreciation? Even though that the colleagues seem to be no longer interested with their profession but truth be told that this are not the only things that can be observed from them. A teacher may always be late but if you could notice how he compensates for the missed hours by extending hours in talking to students and planning how they can become better at school or make their presentations better. A teacher maybe sleepy during class but you may notice that he/she may have attributes of good management and sincerity. He/she might not have any records what so ever of having problems with other teachers and if requested for help, he/she will be there to give full support. A teacher may be habitually absent but if you ask him/her to create documents there is willingness and eagerness that the tasks is performed.

Appreciation may not come through awards, incentives or ceremonies, but they may come to simple yet sincere way of expression. Learn to appreciate the little things in life. Do not look too much on big things. Better yet, do not look for things that are not really there. Learn to appreciate what is present and see how you can manage to make the best out of it.

If teachers learn to appreciate the littles things, then they will look forward to seeing more and experience the goodness of life. This will help out in distracting them from thinking of meeting the creator in an unexpected time.

References: