HANDLING DEPRESSIONS AND SUCCEEDING IN LIFE

by:

Mauro C. Perez Jr.
Teacher I, Mariveles NHS - Poblacion

Recently there have been reports of teachers committing suicides and the culprit is blamed on the over laden workload. For me, I guess too much teaching load is not enough reason to meet the Creator prematurely. There might be instances that the teacher may be feeling depressed or over worked but then again there is nothing like a good meal a warm bath and a good night sleep to refresh and get recharged for the next day. Plus the fact that there are families and friends even colleagues to provide inspirations and positive vibes. Having these at hand, what can be the cause of suicidal tendencies? For sure workload is not a big deal.

The teacher is also a human being. He/she has his/her ups and down on dealing with not just the students in class of the teachers and administrators at school but also people outside the school. These people may be neighbors, other family members, even street vendors or business owners whom the teacher often have transactions. These people may contribute to the growing depression a teacher may feel. An ill event between husband and wife, bad encounter with the neighbor or a transaction gone wrong, health problems that suddenly occur or a tragedy in the family. Every day a new negative experience adds up to what has been taken and kept in the heart. Little by little, things pile up one after the other making it very hard to bear. The wait of problems overcome the capacity to carry on so the teacher either snaps out or breaks in. These result to unlikely consequences. The teacher either decides to isolate himself/herself from society or much worse decides to end his/her life just to put an end to it all.
In the news, teachers committing suicide, the teaching work load was being blamed. I can say that the teaching work load can be a factor but it is not the sole factor that pushed the teachers to expedite the meeting with the All Mighty Creator.

What can be done to help ease out the burden of teachers? Edutopia suggested a few tricks off the sleeve to avoid being burned out in the teaching profession and in life as well.

Have some time off. Get a rest from the school works. When coming home from work, leave your school errands at school where they should be, home is a place for family and not an extension of the classroom.

Talk to professionals. If there are problems regarding job related concerns, talk to superiors and colleagues that will be able to help out straighten the conflict. Asking others on how they managed to survive is also a very good way of motivation.

Rewards and prizes. Every now and then, try to give yourself rewards by buying things that will give enjoyment. A new watch or a new pair of pants or a nice set of socks is enough to inspire you to work again and do better.

These simple things are very powerful in encouraging the teacher to push through even after the adversaries in life. Life is full of ups and downs, it’s up to us teachers how we maneuver ourselves while in the height of enjoyment and in the bottom of sorrows.

References:

Finley T., (2018), Teaching with depression, Edutopia, retrieved from https://www.edutopia.org/article/teaching-depression