HAPPINESS AMONG TEACHERS: HOW TO MAKE STRESS GO AWAY

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The scream of the children, crying of the child, the screech of the board, the argument of the co-workers, the late ones, the gossiping colleagues, the financial disability, the failing marks, the family issues, the commutation everyday, the sacrifices, thee no food on the table, the work everyday, the need to comply with the deadlines.

May be one or two from among the following scenario is particular and familiar with your case. Is it not that in everyday that we do, we experience the excruciating pain of the morning stress and the pain at the back in the evening? Is it not that each one of us had cried and tested our patience on how we can deal with another day, simply because we are bombarded with the stressors which most of the times we think we could not cope up?

What do we do in times of these? Do we cry and saturate all our emotions and try to become as much as possible a part of another dimension? Do we just lie around and think that we are super heroes and we could make things better? Do we imagine things were better? What do we do?

I had observed and personally I had experienced excruciating pain such as loss of loved one, loss of job, some friends of mine had experience tension, fear, guilt and super hybrid emotions. Some time they feel no one is around them to help and assist them with their problems. Even the happiest person can be heartbroken after all we were made fragile and full of emotions.
With the stresses that we experience everyday, questions like what do we do then, may be essential.

Davis (2017) in his article had given ways on how to handle stress and what are the secrets of these stress management. He had given the ten top secrets to help one combat the stresses. One may consider the notions of this author. I had to agree on that notion. Such that accept the setting where you are in, avoid negativity and make it positive. Keep a diary for what you are feeling. Make it joyful. Enhance yourself through charging yourself with beautiful things. Have faith and be very particular with what you want to pursue.

Remember we are all battling stresses everyday and each of us are given the chance to redeem ourselves amidst the stresses that we have. We only have to have courage to become a soldier of the stresses and be happy no matter what. Happiness is a choice and it must be chosen everyday. There are many ways in which we could always choose to be happy.

As teachers, we have great impacts towards the students’ moods emotions and behavior. What if we are dealing with them everyday with a heavy heart? Don’t you think, misery loves company, eh?

Misery does only one thing, gives us and the people around us negativity and heartache. So what do we do now?

It is up to us and be the agent of change, not only for ourselves but also to our children and our students.

References: