HAPPINESS FOR TEACHERS

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Happiness….. According to Mr. Webster, happiness is the quality of being happy; contentment; joy; pleasure.

I’ve seen many forms of happiness as far as teaching is concerned. As a teachers, we are happy when our pupils respond to our discussion. We feel gay when we see that our lesson for the day absorbed by our learners. We are grateful when a head teacher or principal is lenient in observing classes. Many times we are happy receiving our mid-year and year-end bonus, clothing allowance and chalk allowance. This is what happiness for us.

We are happy but we are not contented. When we receive our salary, instead of smile, sadness cover our faces…Why? Due to countless loans. The salary for the month is not enough to cover all the dues and bills we have to pay. We may think that if our salary were that big to sustain all the needs of our families, then we can say that we are happy and contented. When will that happen? How many decades from now?

The Secret to Being Happier in the Teaching Profession. The teaching profession can be a tough. The workload is bottomless, you have to deal with unruly behavior from children (and sometimes parents), the pay isn’t that great, and a lot of the time you have to pay out of your own pocket for school supplies. While being in the teaching profession does have its perks (impacting the future children, helping the underdog, experiencing professional development and growth) sometimes there are just days that you don’t enjoy your job.
Working Toward Happiness in the Teaching Profession

Experts have found that being happy at work is tied to better health and well-being. People who are happy at work are also more productive, creative, driven, less stressed, and more trustworthy and likeable. While there’s no one single secret to being happier at your job, studies have found four key pillars that you can use as a framework to help guide your way to being a happier teacher. They are Purpose, Engagement, Resilience, and Kindness—or PERK.

Happiness at work is essential for happiness in life. Take the time to implement the four pillars of happiness at work, it will help you achieve happiness.

References:

https://www.teachhub.com/secret-being-happier-teaching-profession