HEALTH IS WEALTH?

by:
Angustia A. Guddaran
Teacher III, Hermosa National High School

Every day is a busy day for teachers like us. Lots of tasks needed to be accomplished and to be submitted before the given deadline. Meeting all the requirements on time is a big challenge. It challenges our capabilities and capacities as mentors. Every day is a learning process not only on the part of the students but also among teachers. Yes indeed! Teaching profession does not focus only in molding or nurturing the learners’ well-being but also enhancing our potentialities to become more efficient agents of wisdom.

We do work hard and value it wholeheartedly for it is our bread and butter to support the needs of our family. Too much work may affect proper body functioning due to over fatigue. In reality, teaching is a stressful field of profession. Hence, teachers experience different ailments due to over work. It is necessary that we should learn how to manage our time and involve ourselves into activities which would help in lessening stress.

Health is wellness and it is related to life-style. When someone asks you how you are, the question is really aimed at asking about your health. Thinking about of what health is all about? Health has three major branches: physical well-being, mental or emotional well-being and social well-being. It is a process of getting to know yourself, recognizing a self-image and developing a personality. Thus, when you respond that you are okay or fine, it would actually mean that you are physically, mentally or emotionally and socially fit and able to get along well with other people.
As educators, we should value not only our profession and doing well on how to nurture our students but also to value health. Health is wealth. So, stay fit for the future generation awaits you!

Reference: