HOW HUMILITY IS DEVELOPED IN A PERSON

by:

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Are we humble? Why is there a need to be humble?

Being humble is a wonderful attitude that teachers could develop to their students. It pays so much for a person to be humble. The benefits of humility extend from a person to a group and from relationship to relationship. If people are humble, they can manage stress more effectively, and would also enhance their physical and mental well-being.

As teachers, how can we develop humility to our students? How can we make our children humble so that they would be adults like who sooner will be humble servants of the community?

We should start by being humble. We could do this through various ways.

One way to be humble is to learn to accept that we are human. Most of the time, when we fail, we tend to lose our self-esteem just because we think that our self-worth is tied to those important things that we work for. When we fail, we think of ourselves us bad or unworthy, and makes us have grudges in life. We become bitter. However, if humility exists, we are able to withstand our failures and accept the fact that we are humans and we are prone to mistakes. What is important is learning how to apologize to the people we done mistake with, and be courageous enough to change what we need to change.

Have you also ever heard the word mindfulness? Mindfulness, according to definition by mindfulness.org, is the basic human ability to be fully present, aware of where we are and what we’re doing, and not overly reactive or overwhelmed by what’s going on around us. Researchers have been linking mindfulness as well as self-compassion to
psychological resilience and emotional well-being. This is the point where humility arises. Because of mindfulness, a person could stop and notice his thoughts and emotions without judgement. The more we become aware of ourselves, we recognize our strengths and weaknesses and thus accept within that we are not perfect and that there are things we needed to change. This makes us humble enough as a person. Imagine a world full of humble people. Imagine a school full of humble employees and students. What a sight to behold!

It is also important to express gratitude at all times. The simple way of saying “Thank You” could create a big impact to anybody. This means that we recognize everything that we receive from other people. Our thank you statement acknowledges the value of the person who gave something to us, did something for us, and make us also less-focused on what we have given them or did for them. Gratitude is a great springboard to humility. When a person expresses gratitude, he is humble enough to accept that he needs other people, or other people can make him happier rather than just making yourself happy.

Acceptance, mindfulness and gratitude. Three important words that create big waves for a person to develop humility within. If these three words will be developed within our students, teachers could create a community of humble individuals ready to accept one another, be aware of one another, compassionate with each other, and expressing gratitude to every little thing done for them or given to them.

References:


www.mindfulness.org