JOYFUL LIVING OF AN EDUCATOR
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Indeed, the life of an educator, may he or she be a teacher or an administrator is not like a bed of roses. In fact many say that it is full of sacrifices, services to others, and selflessness, that, aside from the usual teaching-learning activities, the educator also has to extend his service to the community, and to other stakeholders even outside office hours. Out of being like this, there are still a lot of persons who choose to be one of them and perhaps because they know and can feel that there is something in this profession that is worth living, loving and to enjoy for.

No matter how difficult or frustrating the daily activities sometimes, an educator can live a joyful life by simply making some personal reflections. This article suggests a simple, practical and realizable guide to achieve true joy out of being overburdened with work and when suffering from difficulty in relating with self and others.

Laughing and smiling are not the real signs of happiness. Having a happy disposition means the person must have peace of mind, contentment and satisfaction. President Thomas S. Monson, an American religious leader, author, and the sixteenth President of The Church of Jesus Christ of Latter-day Saints noted: “So much in life depends on our attitude. The way we choose to see things and respond to others makes all the difference. To do the best we can and then to choose to be happy about our circumstances, whatever they may be, can bring peace and contentment.“ People who can do these are blessed since they surely make each day of their life worthwhile.

To achieve true joy, one must first assess himself by asking what really makes him feel good and blissful. After identifying them, discard the negative ones, let the good ones remain and live a righteous life.

Be a positive thinker. According to Sasson, “A positive attitude leads to happiness and success and can change your whole life. If you look at the bright side of life, your whole life becomes filled with light. This light affects not only you and the way you look at the world, but it also affects your environment and the people around you.” Every problem has a solution. People
in all walks of life experience trials and problems. It just depends on a person’s positive approach and attitude in dealing with these difficulties in life.

Aim for a better work-life balance. Collins English Dictionary defines work-life balance as “how you organize your days, for example how many hours you spend at work, and how much time you spend with friends or doing things you enjoy.” According to Cahillane, “a work/life balance varies from person to person. However, it’s essentially the amount of time and focus a person gives their work versus other aspects of their life.” A lot of people find it very challenging to juggle the demands of career and personal life. To attain balance, a Mayo Clinic staff says, “Start by evaluating your relationship to work. Then apply specific strategies to help you strike a healthier balance.” There are various sources to choose from in the internet that provides a wide range of strategies and ways to achieve balance in life and work, just find time to surf.

Learn to accept failures and defeat. Feeling defeated may lead to stress or depression. In the article “Accepting Defeat: How to Deal with Defeat like a Professional” defeat was viewed “as a positive, as inevitable, as a learning opportunity, as impermanent, and as a mere concept.” This article also noted that, “If you want to learn more ways to deal with defeat it is a really good idea to look at the major defeats in history. When we study these historical events we can take away important lessons about what to do and what not to do. You might want to look at some major defeats like that which happens to a country at war or some more minor defeats like that which happens to a famous person in their career.”

Lastly, always count your blessings. Some focus their mind on their shortcomings and frustrations, but fail to look back at all the good things that have happened in their lives. If one knows how to count his blessings, he will discover how more fortunate he is than what he perceives himself, and then he will feel the true happiness.

Classrooms, teaching processes and strategies, school responsibilities, management, colleagues, reports, and linkaging or networking: these surround and comprise the world and life of an educator. He/She still deserves to achieve and at the same time enjoy life.
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