KEEPING OURSELVES BALANCED AND CAPABLE UNDER THE NEW NORMAL

by:
Jennifer A. Menta
Teacher I- Parapal Elementary School

The whole educational system has been shaken by the sudden and drastic change brought about by the pandemic. Teachers who are the frontliners of our education are now facing the heroic task of radically changing their styles and strategies to meet the needs of our learners under the so called “New Normal”. During these unprecedented times, teachers are called to home-designed activities, attending webinars as part of their Work from Home schedule while dealing with their own anxiety around COVID-19.

In an interview with clinical psychologist Dr. Richard Shadick by the TFA Editorial Team (2020), he recommended that teachers to lessen their anxiety must limit their dosage of daily news. Not so good and negative news brings psychological restlessness among them. Uncertainty and the unknown are things that anybody cannot control. No one can control the spread of the virus, no one can stop its ripple effects. The best thing for teachers to be balance and mentally healthy at this time is to focus on things that they can control like exercise, sleep, thoughts and feelings. This helps them feel in control and lessen their anxiety.

While keeping themselves mentally and psychologically healthy, teachers likewise, should keep themselves capacitated to gain confidence in dealing with the challenges under new normal. With reference to https://en.unesco.org (2020), UNESCO initiated Covid-19 education response webinars to those on the frontlines of ensuring learning continuity. This initiative was followed by all Education ministries and departments.
around the world to provide trainings and support for teachers to confidently face challenges of distance teaching specially in remote areas with no internet connectivity.

Meanwhile, as the teachers keep themselves healthy and capacitated, the government does its share, ensured timely payment of salaries and benefits so that teachers can focus on their mission with no additional worries on their essentials.

References:
