MANAGING MENTAL STRESS DURING COVID-19 PANDEMIC

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When the COVID 19 outbreak shook the settings of every workplace around the world, school was one of the most affected working places. With the overwhelming challenges that every school head was facing, we must remain calm amidst the bombardment of questions and worries on how to deal with the new educational system. Strong emotions were developed due to anxiety and fear which eventually affect our mental health.

According to Chidambaram (2020), many people’s mental health has been negatively affected and impacted due to worry and stress brought about by the pandemic. Many adults have been reported difficulty in eating and sleeping, worsening chronic condition and increased in alcohol consumption.

In a school setting, school leaders have the responsibility of making the school a safe place in all possible means. Despite the threats of the pandemic, school leaders continuously do their tasks which somehow triggers a mental stress. This mainly concern about their fear of containing the virus while physically reporting to school in addition to other concerns which deal with the modality of learning adopted by their school.

In reference to https://services.unimelb.edu.au/ (2020), people normally experience wide range of feelings, thoughts and reactions as the implications of the COVID 19 pandemic continue to unfold globally including schools. Common reactions of people to the pandemic include: racing thoughts, anxiety, worry or fear, feeling stressed, frustration, irritability, restlessness, feeling helpless and disconnected and trouble relaxing.
Uncertainties added to the cross we bear; these are the things we have no control which agitate our mental stress. To avoid this, we have to focus on things that we can control such as learning to protect ourselves and others from the virus through following health protocols and staying at home when not in physical reporting at school. Acknowledging our feelings by talking to others and channeling our emotions into something creative will help us focus and stay grounded. Lastly, keeping our daily routine as much as possible will have positive impact in our thoughts and feelings.

Being Focused, grounded and connected help us fight the negative effects of the present situation. As the threat of the virus continues to spread, positivity can protect us from having mental issues and stress. As school leaders need to be someone who inspires other to do the same task with the same intensity without regrets.

References: