MENTAL HEALTH EFFECTS OF COVID-19 TO TEACHERS

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Without a doubt, this COVID-19 pandemic has disrupted our lives and even hit hard our profession as teaching professionals. Due to fear of the unknown, we became anxious and feel stressed than ever before, leading to disruptions in our effective instructional delivery.

Damico (n.d.) noted that while it is normal that our bodies respond to this threat in ways that heighten our anxiety and stress levels, it is equally vital that we find healthy ways to cope. With our bodies anxious and stressed, we need to build coping strategies aligned with our needs. The good thing is that all teaching professionals in the world are experiencing the same thing, and we are not alone in this. Taking a toll on everyone's mental health, during this pandemic, it is indeed okay not to be okay. Seeking help is, therefore, also critical.

The most crucial step that we need to do is to put ourselves first. If we want to protect our family, the learners, and the community, we must protect and take care of ourselves first. Though teachers are trained selfless, putting one's health and safety first would save other people's lives during a health emergency like this.

Hence, the Department of Education (DepEd) has released DO No. 4, s. 2020 introduced mental health and psychological support for both employees and students through activities aiming to protect and promote people and communities' psychological well-being in the affected localities and/or prevent or treat any mental disorder arising from these difficult times.
The said order put into place necessary interventions to help teachers to keep their mental health. But the question is, how effective are these measures? Are schools really compliant with the said measures? With the news that teachers are shouldering some of the expenses and being exhausted with loads of works in producing the resources needed by the learners and even some of them being infected by the virus, we cannot help but think if the schools are providing enough measures to safeguard teachers' health. If teachers are not physically and emotionally healthy, it becomes easy for them to become vulnerable to mental health problems.

References:
