OVERCOMING COVID-19 VIRUS ANXIETY IN A TEACHER’S PERSPECTIVE

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Knowing that COVID-19 itself is a threat to everyone not just physically, emotionally, and mentally these teachers are no exemption to experience those things.

Work at home—a teacher’s day is not that simple. Waking up early in the morning after having a short nap, preparing for their family. It looks so simple, but it wasn’t like that. After that, opening their mobile phones and laptops for every single update, as well as to attend their daily webinars. Yes, you’ll just watch the entire video with understanding, and copy the link for attendance. But, it doesn’t stop there. They will make tons of activities regarding the topics given. Aside from that, more paper works are coming on their list.

The more the paper works pile up each day, the more the amount of stress cells are spreading to their system that may affect them physically and mentally, or more likely to have mental health problems. Another thing, they can complain, but still doing it after a minute. For them, it’s a waste of time. Desiring to finish all their works and simply take a nap for a second—yes, they are Educators, a human, who felt emotions and has a capacity in doing things, whose experiencing breakdowns and anxiety.

But in the end, being a teacher, an educator, and a mentor will always rise up to perform their duties amidst adversity because these are the sworn oath vowed not only before the government but before the future of the learners.

The motivation that keeps them working from the cycle of papers, reports to computers for the sake of delivering quality instruction to the learners, are the product
of compassion and love for teaching. Each day is a challenge. Truly teachers are indeed overcomer!

References:

"OVERCOMER": A STUDY IN THE MACRODYNAMIC OF THEME DEVELOPMENT IN THE BOOK OF REVELATION KENNETH A. STRAND