OVERCOMING UNHAPPINESS?

by:

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Every day is a very busy day; as a wife, as a mother and as a teacher. We need to wake up early to prepare everything for us not to be late in school. We always get into rush in accomplishing all of given tasks. At work, we are pressured to meet such “A.S.A.P.” reports aside from full load teaching hours and remedial classes. It boosts our adrenaline to comply with all of these requirements. And at the end of the day we have our thought; am I really efficient?

In our everyday living, still we are longing for something. Something which we couldn’t explain of what we feel towards everything despite of beating the deadline of all things. Until we find ourselves of feeling lost in space. Yes indeed, life is full of sacrifices. Being a teacher, we have to serve others for their welfare and yet, we have to sacrifice our own family. Since teaching is our profession, we have to consider what our duties and responsibilities, that is, being a public servant and must not complain to any given tasks, instead, to accept and to support such situations.

It is normal as an individual, either younger or older, to experience sadness or worries at certain times seeming to be true but possibly no evident reason. It is not delightful to feel this kind of disturbance most specially when we are at work. An individual with firm inner wholesomeness finds out a well sound and amenable processes of expounding sentiments in life. Accept it or not, teachers do have so many sentiments in life, either personally or professionally.
Here are 7 habits for a healthy mind in a healthy body according to Christopher Bergland:

1. Daily Physicality: Exercise for at least 20 minutes most days of the week.

2. Intellectual Curiosity: Spend some time in focused thought, exploring new ideas every day.

3. Foster Creativity: Challenge your mind to connect unrelated ideas in new or useful ways.

4. Human Unity: Create and maintain close-knit human bonds and a social support network.

5. Spiritual Connectivity: Identify a source of inspiration that is bigger than you.


7. Voluntary Simplicity: Embrace the liberty that comes with wanting and needing less.

Moreover, we should always consider that worries might result into disappointments and/or regrets. Living in a healthy lifestyle makes a whole being. Learn to value things that we have, these are all blessings, and accept problems that we might encounter or that we encountered in our chosen field not as burden but rather as challenge. Live life to the fullest and cherish every moment, for we only pass once in this journey of life. Be a positive thinker.
Reference: