PATIENCE IS THE KEY TO EFFECTIVE TEACHING

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Stress and anxiety are part of a teacher’s daily life. It is not very surprising due to the fact that handling several dozen students with different personality and upbringing is not an easy task to full off. And without even realizing it, the stress takes its toll on the mind and the body it even affects the equality of work. But it doesn’t have to be that way. Psychologies have developed steps to help maintain calm and reduce anxiety.

The first step is to, let go. Learn to let things slide and not make a big deal out of things. Sometimes at the edge of temper it is easy to over react. After the heat has gone you’ll find that it is actually very little importance. Secondly, breathe. The next time you are faced in a stressful situation that pressures you or make you anxious, just stop for a moment and breath. Breathing will help reduce anxiety levels and clear the mind. Just follow the succeeding steps:

• Just imagine all your muscles relaxing and all the stress flowing out along with your breath.

• Then smile, it doesn’t need to be real, just relax your facial muscle. Feel all the tension leaving your body.

Thirdly, loosen up. After the breathing session, check your body, see if there are any signs of stiffness (shoulders, jaw, neck, etc.), if there is any, gently massage the areas to release tension and help relaxation. Fourth, enjoy the journey. One of the mistakes we do often is that we look at the present situation too closely that we forget to enjoy the journey. Always make sure to take time and appreciate the little details and the simple
achievements. And most of all look at the big picture. Whenever you feel stressed and your anxiety level rocketing, remember the reasons why you’re doing the things that stress you out, ask yourself “will it matter to me… next week? …next month?…next year? In 10 years?” Most of the things we stress about actually won’t, so stop demanding perfection from you and from others, just stay calm and let things be. Just do your best and things will eventually turn out right. It is also good to put yourself in situations where you can practice tolerance in daily cases.

These steps could be applied to a classroom setting easily. Every teacher knows how hard it is sometimes to endure wayward students that seem to intentionally cause trouble. But no matter what case a teacher should always have a firm hold on their temper. Apply the above steps to clear the mind and do whichever measure is needed to reprimand the student. But never, in a million years, result to violence physical or otherwise.

References: