PEP TALKS AND VIRTUAL HUGS

by:
Rodelyn O. Bruzo
SHS Teacher III Lamao National High School

In these challenging times, people need someone to talk to about what they feel and how they are coping up with the hurdles of being stuck at home and not doing their life’s normal stuffs. Getting out today is such a luxury with a great price yet there is a possibility of bringing home back the infection from mingling with certain crowd or being in a particular place. Uncertainties are everywhere and this result to paranoia and overthinking about the things that are happening around us. Among the most vulnerable population are the children who may still be wondering about what is really happening in the world. Sadly, the virus is too technical that a limited mind of a child may find a hard time to fully understand it. This is why as an educator, counseling them and giving them your time to talk to them sounds great and beneficial.

Asking the child, 'How are you?' is a good start in order for the learners feel that whatever depresses them or makes them anxious they have someone who can lean on. Even education is in utilization of the virtual resources, teachers may use it as an avenue to conduct virtual talks and conferences. What we could do is form peer facilitators as well as conduct talks about their health and well-being, their family and their personal experiences during the pandemic (Best Counseling Degrees, 2020). Besides, a simple talk about their negative emotions may reduce their stress and improve their mental health (Beachboard, 2020).

Educators are said to transform the world into a better place. Now that the planet is in a crisis and everyone is vulnerable to losing their mental stability through depression and anxiety - talking to the youngsters is a thing. A simple and short talk might sound so
basic but it can surely impact one's being knowing that in this fight, no one is alone and hand-in-hand, we would be victorious in this bout.

References:
