PHYSICAL AND EMOTIONAL HEALTH OF THE TEACHER

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All teachers who remember to keep and do this saying… shall receive health in this navels and marrows to their bones, shall find wisdom and great treasures of knowledge. Teacher should eat nutritious foods, exercise regularly, get enough sleep and care for their body. Practice balance and moderation in all aspects of physical health. Also, teachers should avoid extreme in diet that could lead to eating disorders. Teachers should not intentionally harm their bodies. They should avoid dangerous activities that put their bodies at risk of service injury. Teachers should not take or drink coffee or tea. Never tobacco products, or any form of alcohol as they harmful and addicted to the body and spirit. Being under the influence of alcohol weakens their judgment and self-control. Drinking can also lead to alcoholism, which destroys individuals and families. It also harm the physical, mental, emotional and spiritual beings of teachers. They destroy relationships, their families and friends and diminish their feelings of self-worth. They also limit their ability to make choices for themselves. If they are struggling with any type of addictions, seek help from your fellow teachers and supervisors. The teacher emotional health in return is so important and may affect their lives and healthy solutions to problems. Disappointments and occasional sadness are part of their mental life. Yet, a teacher outfit to be strong and tactical in handling all consequences of teaching that comes only her or his way, for it is in his computing where the future of our growing generation lies.
References:
Strength of Youth
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https://en.wikipedia.org/wiki/For_the_Strength_of_Youth