SCHOOL LEADERS’ PHYSICAL ACTIVITIES AND MENTAL HEALTH DURING PANDEMIC

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COVID-19 pandemic brought the school into the unpredictable situation. School leaders being the captains of the ships experienced greater anxiety and disquiet on how they will lead the school in new normal. They play lead roles in the delivery of education. Thus, their roles in the script have all changed and need to be adjusted because of the new normal brought by the COVID-19 pandemic.

The sudden shift of the educational scenario from traditional face-to-face to online or modular delivery of education and the evasion of direct contact with one another altered into their physical and mental health.

Less physical activities appeared to be one of the factors that lead the school leaders into mental disorders including depression and anxiety, according to the study of R.Dela Vega of University of Madrid. Likewise, school leaders’ relationships with their family, work and social aspects contribute to their physical activities and mental health.

Indoor activities such as board games which are considered as the most versatile entertainment of all ages of all interest. This activity can develop and enhance relationships among players. Baking can also be considered as one of the activities that develop mental health during pandemic or lockdown. Creativity and passion are also being expounded in baking. More so, gardening will keep them well during the Coronavirus pandemic. Science and studies have proved that gardening is good for mental health and well-being. It provided nature experience and cognitive functioning. It also reduces stress, depression and obesity while it increases confidence, satisfaction and quality of life.
Keeping physically and mentally healthy is vital in all times, but during COVID-19 pandemic is critical. Healthy leaders can perform effectively if they are healthy. They are the important layer in the education system.

References: