SETTING OUR MINDS TOWARD HEALTH

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In this hustle world of teaching, educators are prone to fatigue and stress. It is good that most of us have our own set of coping mechanisms to handle the stress. The risk is that what if the stresses are handled externally but that in the long term, the stress might manifest itself in illnesses?

One thing that can be done to help teachers to become or stay healthy is to set their minds into it. An old cliché says “Mind over matter.” Many studies show that this is true. One simple example is one who thinks he has a headache and in a while, that person suddenly feels ill and gets a headache. Well, the mind can be very powerful and using it to one’s benefits is possible and more favourable than letting it work against your good.

If one sets his/her mind to being healthy, then, there is a great possibility that it could happen. When you think you are somebody who is healthy and well, the first thing that could happen is you feel good. Then you start to do activities that would lead you to the healthy “you” that you want to become. You eat and drink foods that are healthy. You start to exercise. You avoid stress and if you cannot, you learn how you can handle it effectively and you choose to behave appropriately to deal with it.

Lots of instances have lead experts to believe that the mind and the body works together. This belief might also be the reasons why mindfulness meditation, hypnosis, and the like became tools to treat certain illnesses or to enhance strength of the will. These tools are considered when medications or therapeutic procedures do not work for a person.
One interesting book I have read about this is that of Jo Marchant. The title is Cure: A Journey into the Science of Mind over Body. Marchant said in that book that modern medicine has taken over a lot in treating illnesses but that it has also excluded what a person actually feels. Thus, while researches are being done to gather evidences that mind-body interactions have something to do with a person’s health and wellness, it can be amazing to begin conditioning our minds as educators to being and becoming healthy despite all the stress and fatigue we have to undergo everyday.

References:

