STRENGTHENING ONE’S EMOTIONAL RESILIENCE

by:

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The concept of emotional resilience is becoming popular at present. This would help the teachers to combat the occurring stress in the workplace or in the school. This idea goes deeper to making the teachers become stronger in hurdling over the difficulties in work.

Emotional resilience may connote the person’s ability to cope or adapt with the different conditions or situations in life. With emotional resilience, the teachers may readily face the world with emotional strength and stability.

It is a fact that teachers need to strengthen emotional resilience in order to be emotionally strong. In being such, teachers need to consider the succeeding ideas.

In attaining and strengthening emotional resilience, the teachers need to be emotionally aware. This means that you understand your own feelings and you use your ability to understand the feelings of others. Understanding the emotion of others would make them realize that emotions are normal but you have to handle them with tact and control.

Another way of achieving and enhancing emotional resilience is to show your perseverance in coping with varied situations, whether pleasant or unpleasant. Be hopeful in facing challenges and trials in work or even in personal life.

Following your own prudent disposition is also a technique in strengthening emotional resilience. Do not allow others to control you but instead follow your heart and mind in making important decisions. Also, you may have no regret if you follow what do you think is right.
Being optimistic is another means to strengthen emotional resilience. Resilient teachers are staying positive and always have a good perspective in life. Optimism may increase the emotional resilience of teachers.

Maintaining a support system is helpful in strengthening emotional resilience. When being supported by a family and other group of people, a teacher feels more secured and accepted. Thus, emotional resilience is achieved.

Having a sense of humor is contributory to emotional resilience. Teachers who take life lightly are stronger and better and free from stress. It is advisable to always smile and laugh if necessary.

Being closed or attached to the Creator would help the teachers gain emotional resilience. Being spiritually strong is the best way to obtain emotional resilience.

Teachers are anticipated to strengthen emotional resilience to help them in their professional and in personal lives. Strengthening one’s emotional resilience is advantageous and useful in the workplace and in the outside world.

References:
