STUDENTS, TEACHERS, STRESSES AND STRATEGIES

by:
Rosario Pardilla
Bacong Elementary School

When teachers show stresses in front of the children, do you think that the children may be affected? Could they mimic the behavior that their teachers are showing? Based on my observation, Yes!

If these children could be affected by the varieties of emotions their teachers are showing, should it be good that these children must be given and laid respect when it comes to stresses? In the first place, they do not deserve to be stressed and they are not the ones causing the stress, even so, they do not need stresses they are there in their school to learn, by the way, not to be stressed by the irrational feeling and emotions of a human teacher.

What to do now, in times of these? The teachers must be able to know how they can handle stress regularly. In the everyday living that we are experiencing from the commutation that we experience to the house after work, there are many stresses that we may encounter. As for my observations, such tips would be possible. These are the things which I do and would like to share to those teachers whom are experiencing the same and has the same battle with I. Here are some points to ponder:

1. Think of your stresses as treasures. Of course when we think of something as treasures we may value them. However as we value the treasures of stresses, we value
not the cause of the stress but the learning from the stress. How to deal with the stress number 1 for Monday and how did we get away from it, must be treasure and identified. Congratulate yourself if you had identify the significance of the worth that you had done for that particular stress.

2. Another thing is that, it is not easy to convert you low emotions to high happy and positive emotions but then you need to try. One way of doing this would be eating fruits and vegetables may soothe your soul, instead of eating sweets and carbohydrates. According to Fletcher (2019) in his article, eating 3 to 4 times of fruits and vegetable may lessen the psychological stresses. So one way would be look into your diet book, check your routine of eating.

3. Lastly, would be surrounding yourself with friends whom will be particularly giving you energy and happy pills. They must be able to share what they had experienced also and gently remind you that you are not alone amidst this abyssal darkness. With them, you can share even your darkest moments and become fully accepted as who you are.

With the following discussions, as teachers let us hope that as we enter the classroom, we are bringing the bags of sunshine with the students. Let us share with them the happiness that they deserve every single day and be grateful for whatever you had accomplished and the students had achieved.

References: