TEACHER’S MENTAL HEALTH

by:

BHEN JAY D. MERIÑO

Teacher III, Mariveles National High School - Cabcaben

The persisting global quandary has defied day to day subsistence. For such, a rationale to prosper diplomacy, extend compassion, and widen myriad of assistance at whatever point plausible is genuinely sought.

Additional to major predicaments individuals wrestle with is mental well-being concerns that victimizes mostly adolescent and those who already struggle with mental issues. Considering the effect of this worldwide wellbeing emergency on the academic area, it is opportune to talk about the mental wellness of educators. The shift to digital progression is an added challenge alongside with sustaining our career. Woefully, not all educators have digital nous.

Numerous spots do not internet access. Thus, work-from-home arrangement could be exceptionally unpleasant for teachers as limits among work and home time had been obscured. There is the necessity to allocate a particular time or plan, and a physical and mental spot for keeping our job at home. In connection, it is a prerequisite that educators should be accorded with an atmosphere that flourishes and tends to the fitness of the mind and functions as a catalyst to discuss stances and sentiments. In conventional gatherings there ought to be a simple ‘hi’ to establish a secured space free from prejudice about emotions, and to get rid of shame.

Besides, educators ought to likewise discover ways of dealing with stress like singing, moving, work out, or in any event, breathing practices for stress help. Another recommendation is for educators to consider optimistic feelings, stay keen to everything, be hopeful, and utilize humor and giggling to diminish feelings of anxiety.
In conclusion, it is a struggle to seek for compelling motive to fuel ourselves given the current phenomenon. We cannot anticipate being as beneficial as we were before the pandemic, so fixated on work result and efficiency is deemed unnecessary. We should regard ourselves and figure out how to organize matters, particularly our mental health.

References:

Vivas, J. (2020). Now is the time to talk about the mental health of our teachers. Manila Bulletin