TEACHERS; SUPPRESSED YOUR BAD MOODS

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It’s raining, cats and dogs outside and you can’t find any vehicle to take you to school. You will be late and what if your new principal catches you for being late?

You become anxious and worried so much. You think of your pupils being noisy and unruly in the classroom. This situation can set you to a bad mood. This bad mood can create an atmosphere in the classroom that is uncaring and not harmonious. Furthermore, it will affect your effectiveness as a teacher, thus, affect the learning progress of your pupils. Therefore, try to suppress your bad mood. According to Rebecca Sweat in her article “How to Beat Bad Mood” the following excerpts can be pondered:

Exercise Regularly

Physical activities are one of the best to put an end to a bad mood. Brisk walking, jogging, swimming, bicycling, volleyball, basketball, and doing some aerobic exercise are all good tension reducers. Moderate exercise is the key. It will make you feel energized.

Sleep and eat right.

If you’re feeling moody, it could be that you’re not getting the right amount of sleep. Too much sleep can make you groggy; too little can make you irritable. If you don’t get enough sleep you’re going to be much more fatigued and pessimistic and you won’t have the patience necessary to deal with problems.
Talk it out

If you’re feeling down, bottling everything up is one of the worst things that you can do. Instead, talk out your feelings with a trusted friend. A friend may not be able to give you expert advice but you may figure out answers for yourself just by talking. Many times you just need someone to listen as you sort out your feelings.

Don’t Blow Obstacle out of Proportion

Mistakes are a natural part of life. Rather than badges yourself with “should have” and “could-haves” learn from your mistakes and move on. Tune in to the big picture, for what seems tragic. At first glance may not ever be a problem once you have all the facts and have put things in perspective. Replace negative thoughts with positive ones.

Act the right part

It may sound too good to be true, but acting happy can actually make you feel happy when you’re not. According to researchers, if you change your behavior, your emotions will gradually go in the same direction. The key is to do the things a person would do. Put yourself in a cheerful environment.

In severe cases seek counseling

If your bad mood last for weeks at a time, if your moodiness interferes with your ability to do your school work or interact with others, you need to seek help from your school counselor, pastor or other professional.

Your mood has a severe impact on the decisions you make every day. Behavioral psychologist Dr. Helgo Schomer explains that emotions and moods can influence a person’s behavior. He said that there are certain conditions, surroundings and
environments that set the mood which people feel. People can control their mood if they are able to influence those variables.

It is vital to be able to control ones mood, because emotions can cloud a person’s judgment and has the ability to affect logical reasoning.

Therefore, it is important to facilitate an environment for a positive mood every day.

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