Old and young professionals or not, being envious is a natural phenomena to all.

Envy is defined as the resentful or unhappy feeling of wanting somebody else’s success, good fortune, relationships, qualities or possessions. Envy prevents us from recognizing and appreciating our own blessings because we are too focused on coveting what other people have.

The main idea in teaching children how to deal with envy is to know what they have. The talent and skills they possess and unique features that they have as a person. With these qualities they have identified, they will be contented with what they have.

Sometimes it is the adult’s fault that cause students to envy. Parents who are not able to enhances the confidence of their daughters and son affects to be confused with themselves.

Teachers also have their part in letting the pupils feel envy with others. Unnoticeably, we, sometimes compare them to other student who are good than them.

The best way to overcome envy is to stop comparing themselves with other people. There will always be someone smarter, more attractive, and more popular than themselves.

In certain aspects, there will always be someone better. But they always given the choice to be the best they can possibly be. When they start loving themselves for who thing they already are and appreciating what they already have. It becomes much easier to content and find happiness in little things, like waking up to a brand new day, having good health, coming home to a family, being able to study and simply being able to live life.

Students at their early age, should learn how to overcome getting envious. Teachers are therefore required to practice themselves the ways to overcome envy with their co-teachers. In doing so, they can easily to their students how to overcome envy.

Let envy not ruin one’s life.

* Merriam Webster 1828
* Cambridge Advance Learner’s Dictionary & Thesaurus
  ◊ Cambridge University Press