

CULTIVATING MENTAL HEALTH AWARENESS IN THE FIELD OF EDUCATION

by:

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A sound mind and a sound body are both important to our well-being. Caring for Physical Health is being taught as early as Kinder, up to college. Many lessons are tackled to ensure we are getting the optimum health that we need. On the contrary, mental health awareness is often overlooked. Some people find it uncomfortable to talk about mental health.

As time goes by, we see the adverse effects of neglecting our mental health state. We are often shocked to see news on TV and online about both teachers and learners, ending their lives after facing stress and pressure in school. Some develop mental illness. People are still ambivalent to take actions on this, as we are afraid of the stigma and the harsh treatment from society. Admit it or not, a person having mental condition is still being looked down by people. Due to this, only few people have the courage to step up and face the real problem.

This is one of the concerns that the education must take notice of. To develop highly intellectual individuals is a good thing, but to train mentally-fit persons is even better. While we bask in awe on the achievements, we must also celebrate the efforts of everyone to survive in this seemingly crucial environment. Waking up everyday with all the courage is already an achievement.

Both teachers and learners' mental health state must be taken care of. Teachers, on their part, face pressure, stress, expectations, failure, disappointments and other downside. Most of the time, they grew weary of their ostensibly endless works. Learners

on the other hand, also encounter different hardships as they study. There are times they want to give up amidst all the struggles they are facing.

With this, it's now high time to face the real scenario about mental health awareness. Let the society be open-minded on these things. Removing the stigma on this matter is a good start. Teaching stress reduction techniques must also be a part of the lesson. Prioritizing our mental health should also be considered. Accepting that at times, we also need help and counseling, is also beneficial.

Apart from physical health, one key to success is to cultivate hale and hearty mental state. Let us not disregard. It is one of the ways to achieve superb over-all health condition

References:

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