

MANAGE YOUR STRESS FOR A HAPPY LIFE

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This pandemic gave us all a lot of stress in life. Stress can cause mental health problems such as anxiety or even depression. According to the United Nations Office on Drugs and Crime (UNODC), in their webinar series entitled “Psychosocial and Mental Health Webinars for Teachers,” wherein over 7,000 teachers joined virtually in answering the questions regarding their current state of mental health using an online interactive platform called Mentimeter where the majority of the teachers answered that they feel being burnout, they experience challenging to concentrate. This shows how stressed teachers are during this time of the pandemic. Furthermore, being a teacher, we know that stress is already a part of our daily lives, and we must deal with it every day. Moreover, we must learn how to manage it with poise and happiness. Moreover, let us use the word itself as the acronym for managing stress to have a happy life - STRESS.

Stay healthy at all times. Eating healthy foods and exercising such as Zumba and long walks can benefit the health. Remember it said that “Health is wealth” it can lessen your stress.

Time Management. Have a schedule that will help everything one step at a time. This will help to handle the excessive workload and be more productive and happier in the workplace.

Examine the values and live by them. No matter how busy, never forget about the values in life, which is a spiritual aspect. Maybe it is time to pray and ask for God’s help when we cannot do it anymore. It can be the perfect timing to let go and let God do it for you.

Sit and Relax. Take a break, breath in positivity, and exhale negativity in life.

Speak Up. Having someone to talk it cause more stress, and do not have anyone to talk to about the source of stress. Have a shoulder to lean on when everything is causing stress. Moreover, it can also be by saying to others that they cannot do it anymore and need help for you to be able to handle everything in life, especially with the workload. There are still many tips we can use to handle our stress, but may this help to handle every stressor we may have.

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