

“EMOTIONAL RESILIENCY”

by:

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To say that Covid-19 pandemic has changed the world would be an understatement. It changed how we work, learn and interact as we emerged to a more virtual existence both personally, emotionally, socially and most of all professionally.

Apparently, this pandemic also triggered mental health issues such as managing addiction, depression or general stress. We are all feeling it and nobody is exempted. All is capable of having it. All is equal.

According to Elena Aguilar in her book entitled “Onward: Cultivating Emotional Resilience in Educators, the top three (3) emotional resilience are the following:

Know Yourself. Think about your strength and weaknesses, values, skills and aptitudes. Define your goal in life can develop a strong sense of direction.

Understand Emotions. Emotions helps to know what everybody needs or wants. Being aware of our emotions, it is easy for us to understand one’s feelings and give appropriate advice to ease their feelings in the situation might be facing in the present or in the future and;

Build Community. Developing habits that bring up good relationships towards co-teachers, parents, students, administrators and people in the community strengthen everyone’s resilience. Because success of teaching will not only lies on the teacher alone but also through the people surrounds him.

Our educational system has also been greatly affected such as the transition from the traditional lecturing to a remote learning environment. No matter the type of channel used, teachers need to be creative and adapt so their students will still be participative and engage in class. Not all teachers are techy enough so imagine how they divide their time from their families and be a flexible teacher to learn, listen to students concerns, adapt to a new working environment and not just physically but emotionally strong to be able to provide quality education that their students deserve. Just like what the quote says "You can learn all the techniques, plan outstanding lessons, set up a system, but to do this work and stick with it long enough to get good at it, you need a level of emotional resilience most other jobs will never require". Moreover, it is undeniable that our educators have mastered this area of expertise. They go on their battlefield- the classroom each day prepared to conquer the diverse students with different learning capabilities. Yes, our educators, they always come prepared. They are capable to adjust no matter how difficult the situation is....

References:

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