

“MENTAL DISTRESS AMONG STUDENT AND TEACHERS”

by:

Marieta S. Puyat

Baseco National High School

Everyday we struggle a lot of challenges that spice our daily routine. Sometimes sad, sometimes happy, its up to us how we handle the situation. We survived the pandemic, but the exciting part is how we come up with the new normal. A book written in Turkish told everyone that, one can only appreciate good thin in life if he experienced struggle and hardship. Thus, we must learn to appreciate and value simple things.

Our teachers, most especially students suffered from emotional and mental distress during the past few years. But as days goes by its good to see that things are back to its regular routine. Our Schools are back to life, students are roaming around that is like they are being freed from long captured of the darkness of being lockdown at home. They are hungry with the new experience and education their teachers would teach them. With this, teachers are inspired to keep going in molding young minds.

Life is like an oyster that if its not wounded it will not produce pearls, because a pearl is a healed wound. Instead of grieving in what is lost strive more inspire thyself with vision of good goals. Don't just dream, believe that dreams can come true.

“Dulcius Ex Asperis”by Alex Ferguson translated for: “Sweeter After Difficulties.” Embracing that motto has made challenges, nothing good comes easily. Indeed, to reach one's dream, one should experience hard times. Be able to thrive not just to survive.

References:

LOST CITY 2022

Lhttps://www.google.com/search?gs_ssp=eJzj4tVP1zc0LIw3MrLMMzQzYPTizMkvLI
FIziypBABewQeg&q=lost+city&rlz=1C1CHBF_enPH955PH955&oq=lost&aqs=chrome.
1.35i39i355j46i39i263i512j46i433i512l3j0i131i433i512j0i433i512j69i60.3593j0j7&sourceid=c
hrome&ie=UTF-8Lost City