

MENTAL HEALTH... A FAB OR A TREND?

by:

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Nowadays education continues to expand its coverage and even trace other essential concerns that greatly affect the cognitive, emotional, and behavioral aspects of people within the school community. That is why the term mental health becomes a significant topic in schools. Indeed, mental health awareness became essential.

When the pandemic occurred, people began to worry about their conditions within the community. Schools were closed to protect the health of every individual. People stayed most of the time at home burdening with uncertainties. The situation indeed affects the state of being of every individual, otherwise known as mental health.

Mental health has become popular among us, and it even reached the attention of the authorities. In the Department of Education (DepEd), the well-being of every school manager, teacher or personnel is very important as well as the that of a learner. With the call of time, DepEd strives to protect the mental health of everyone by the provision of a friendly school environment and positivity.

The school administrators are being well-supported by our education agency because they are being guided on the certain moves that they need to track on to execute their duties and responsibilities smoothly with the absence of stress or pressure. In other words, DepEd supports the school leaders in their aspirations for the benefit of the school.

The teachers, being the frontrunners in the New Normal, are being equipped with strategies to combat the cognitive, emotional, and behavioral challenges that may beset their ways in the fulfillment of their jobs as educators. This also means that the teachers

need to be stronger and flexible in facing the current situation and their mental being must be robust and stable since they are the ones leading the schoolchildren.

The non-teaching personnel's mental health in school must be protected for them to work efficiently and effectively. Moreover, they are facing several people on different concerns every day that is why their mental well-being should be well-cared. They need to be more positive on their daily encounter with every person in the school community.

The students in school are the foremost priorities when it comes to mental health. They are the ones who need most of our attention. Students are highly vulnerable on mental health problems like depression, frustration, failure, fear and the like. That is why they need most of the guidance of adults like their parents, teachers, and other key figures in school.

Mental health is not just a fad or a new thing but instead it is a prominent trend nowadays not only in the field of education but in other fields as well.

References:

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