

## SAFEGUARDING MENTAL HEALTH

*by:*

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Mental wellness is significant for teachers. Different students in terms of conduct, skills, and capabilities are constantly present in day-to-day interactions. There are tremendous responsibilities on teachers' shoulders. Children must be safeguarded, shouldn't be harmed, and should receive equal chances. Parents might misunderstand teachers when reprimanding children for misbehaving. In addition, teachers as coordinators are loaded with reports, ancillary tasks, meetings, seminars, and other associated assignments.

Teaching is believed to be the most honorable job. Unfortunately, with the piles of work that teachers have to do, there are instances that they experience stress or even breakdown. Burnout is experienced by some in the field of teaching. Misbehaving pupils and uncooperative and demanding parents are also some of the causes.

In order to safeguard the mental health of the teachers, there are certain ways to do. With reference to [insularlife.com.ph](http://insularlife.com.ph), there are several ways to improve one's mental health. Some of these are the following: Make time for yourself outside of work; reach out to a support system; and seek professional help if needed.

Having time for yourself is a necessity. Read a book, take a break, go for a walk. We all need to feel good. In the same manner, as our support system, we may have our family, friends, and colleagues to understand our thoughts. They can ease and give us peace. Moreover, if anxiety or depression starts to interfere, professional help is advised.

For school heads, allow the teacher to take a break. Reduce their tasks if possible. Teaching is already exhausting. If the teachers have more time to devote their duties of helping the students develop their strengths, positive learning outcomes is certainly at hand.

*References:*

<https://www.insularlife.com.ph/articles/the-importance-of-mental-health-for-teachers-00000210>