

HEALING AND RECOVERY

by:

Hana Carina R. Mesina

Teacher I San Ramon Elementary School

Health is a holistic concept; it includes a person's general well-being as well as their physical health. Having said that, assistance in these areas is crucial for people whose lives do not provide them access to medical treatment. One method to assist those who find themselves in difficult circumstances is by offering mental health and psychological care.

The Coronavirus Disease 2019 (COVID-19) outbreak is not solely a medical phenomenon affecting physical health-related concerns but also significantly stirring the mental health and well-being of every individual. The crisis triggered drastic negative changes even in the field of education. The two-year halt in classes created varied experiences among learners. For some, extended isolation and disruption of social life may have caused stress and psychological consequences. Others may have experienced violence and neglect. Children coming from low-income families became most susceptible to the economic repercussions of the pandemic.

Healing from the ordeals brought by the pandemic is not an overnight process. One school year may not be enough to address such issues and concerns. There must be a mental health and psychosocial support services to be provided to ensure that children can access the opportunities for recovery. Dealing with the said diverse effects, teachers and school personnel must be trained in utilizing the developed Psychosocial Support Activity Pack for the provision of psychosocial support activities in the classroom. This must be conducted with the help of Disaster Risk Reduction and Management (DRRM) of the school.

The first week of classes is the ideal time, when psychosocial support activities must be carried out. The psychosocial support activities are essential in promoting, safeguarding, and giving priority to the learners' socio-emotional well-being as they return to face-to-face instruction. Teachers who have been selected as classroom advisers will facilitate these activities.

In times of crises, the education community must come together to ensure learning continuity. The health crisis put some on temporarily out of balance and become more overwhelming to many. Therefore, refurbishment of normalcy is a phase that can play a vital role in a child's mental well-being that would help them adjust to changing circumstances.

References:

Psychosocial Support Activity Pack for Learners and Teachers - Teach Pinas

The Official Website of DepED Division of Bataan