

HAPPY TEACHER, HAPPY STUDENTS

by:

Ma. Leonora M. Dimayuga

Teacher III, Paraiso Elementary School

The beginning of a new school year is one of the most stressful times for teachers. You may want to start planning strategies to keep your stress under control for the future year now that you have some time off to unwind. Fortunately, there are a few things we can do to reduce our stress levels. I discovered that a few behaviors helped me go from being a stressed-out teacher to a happy teacher. These habits included taking time for myself, not comparing myself to others, and decreasing my expectations. Here are the methods I've discovered to use all year long to be joyful and stress-free.

The initial step is challenging yet crucial. If you're friends with several of your coworkers, it might be difficult to resist comparing your life to theirs while you're reading through your social media stream and observing how ideal their lives appear to be. I used to marvel at how certain teachers had the time to design the fantastic lessons they uploaded in addition to looking gorgeous and having lovely families. When I was constantly juggling my business and personal life, it seemed impossible that they had the time. Being a teacher, I am aware of how difficult it is for many of us to take care of ourselves since we are so busy caring for others. Our personal lives sometimes suffer because we spend so much of our leisure time thinking about or planning for what we will accomplish in the classroom. I discovered that making time for myself was necessary if I wanted to be a content instructor. I decided to make sure I took care of myself once a week at the very least.

I hold myself to very high standards. I would feel so bad about myself if a class didn't go well. One day, I was discussing a class that had failed with a coworker when

she corrected my way of thinking. When things don't go my way, I shouldn't beat myself up. Instead, I should view lessons that don't work as a chance to improve after making a mistake. We should follow the counsel we provide to our pupils and learn from our errors. I decided to adjust my expectations after that chat. I let go of the notion that each lesson needed to be flawless, and if anything didn't go according to plan, I would still be able to learn from it. The saying "Fake it till you make it" refers to the idea that you should pretend to be happy until you start to feel that way. I tried to keep this mantra in mind and smile whenever I was feeling down or depressed. I eventually found that the more I forced myself to be cheerful, the happier I felt. I would turn on some peppy music to help me feel better on days when pretending simply wasn't going to cut it. It not only helped me feel better in the end, but it also made my students happier! For me, it was a win-win situation.

Stop comparing yourself to other teachers, spend some time doing the things you enjoy, try not to get down on yourself when a class doesn't go well, pick yourself up, brush yourself down, put on your favorite attire, and smile if you want to be a happy instructor. You'll become a happy teacher if you can find something tiny to start doing for yourself each week.

References:

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