

## VALUES EDUCATION: DEALING WITH ENVY

*by:*

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Envy is being discontented, resentful or unhappy feeling of wanting somebody else's success, good fortune, relationships, qualities or possessions. Envy is a natural human reaction and emotion. Envy prevents us from appreciating our own blessings we received and discovering what we can render because we are too focused on coveting what other people have and not realizing what they have. And at the end of the day, we often forgot to thank for our own even little things we got. We forgot to recognize our own capabilities and talents. Even the most rational individuals can be change by envy.

A main idea in teaching children how to deal with envy is what we have, what we have for reason.

Teach your students that the best way to control their envy is to stop comparing themselves with other people. There will always someone smarter, more attractive, and more popular than themselves. Teach them to learn about individual difference. That every person has a unique characteristic. Love themselves and be grateful for their own blessings. Embracing envy in a right way can make them work harder.

In certain aspects, there will always give the choice to be the best they can possibly be. When they start loving themselves for who they are and appreciating what they already have, it becomes easier to be contented and find happiness in the little things, like waking up to a new-blessed day, staying healthy, sharing happy stories with family, being able to study and simply being able to live life.

Students, at their early age, must learn how to overcome getting envious. Inculcate to their minds that they have to focus to the goodness of their own life. Remind themselves that nobody has it all.

*References:*

<https://www.becomingminimalist.com/ungreen-with-envy/>