

BUILDING STUDENT RESILIENCE: PROMOTING MENTAL HEALTH AND EMOTIONAL WELL-BEING IN SCHOOLS

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In today's fast-paced and ever-changing world, students' well-being is more important than ever. Academic achievements and cognitive development alone are no longer sufficient to prepare students for life's challenges. Students must develop resilience to thrive when confronted with adversity and uncertainty. Resilience is defined as the ability to adapt, bounce back, and maintain emotional well-being in challenging circumstances.

Resilience is a skill that can be developed through support, guidance, and a nurturing environment rather than an innate trait. Resilient students are better able to deal with stress, setbacks, and challenges. They exhibit greater perseverance, problem-solving abilities, and emotional regulation, which leads to better mental health and overall well-being. Building student resilience begins with creating secure settings for learning in schools. Students should feel emotionally safe, and they should be encouraged to express their thoughts and emotions without fear of being judged. Teachers and school personnel play an important role in fostering trust and open communication, which allows students to seek assistance when needed and develop healthy coping mechanisms.

As a result, it is essential to foster resilience in students by highlighting that intelligence and abilities can be developed through effort and perseverance. When students believe that their efforts will result in improvement, they are more likely to embrace challenges and perceive failures as opportunities for growth rather than indicators of failure.

Psychosocial support activities are required by the Department of Education (DepEd) in all schools, and these activities have an essential role in promoting, protecting, and prioritizing the learners' socio-emotional well-being as they return to in-person classes.

In line with this, schools should prioritize mental health and make counseling services and mental health professionals available. When students face emotional challenges or trauma, having a support system in place can make a significant difference in their journey toward

resilience. These resources provide a safe space for students to discuss their concerns, process their emotions, and receive advice on how to effectively manage stressors.

Building student resilience is an important aspect of education that extends beyond academic achievement. Schools play an important role in preparing students for life's challenges by fostering their mental health and emotional well-being.

Creating safe and supportive environments, implementing Social-Emotional Learning programs, teaching stress management techniques, and encouraging a growth mindset are all important steps in this journey. We empower students to become resilient individuals capable of thriving in a rapidly changing world by prioritizing their mental health and providing them with the skills to navigate difficulties.

As educators, parents, and society as a whole invest in resilience, we are raising a generation of emotionally intelligent and adaptable people who can positively shape their lives and contribute to a better world.

References:

DepEd Memorandum No. 058, s. 2020

<https://www.unicef.org/eap/what-we-do/mental-health-and-psychosocial-support>

<https://resourcecentre.savethechildren.net/topics/mental-health-and-psychosocial-support-mhpss/>