

## TEACHERS' MENTAL WELLNESS: THE FOUNDATION OF SAFE EDUCATION

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Teachers are the facilitators of knowledge and the guiding hope for future generations. Although they are responsible for forming young minds, workplace challenges occasionally trigger their mental health. Behind their smiles and cheerfulness are also silent battles of tiredness and stress. In this paper, let us explore teachers' specific challenges and how these struggles may be resolved or lessened by providing valuable strategies to safeguard their mental and emotional health.

The demands of work for educators are intense. Teachers should maintain exceptional teaching performance while providing solutions to students' different learning needs, while sometimes thinking of solutions for not having enough resources. They are not only responsible for teaching students academically, but they are also accountable for correcting the behavior and attitudes of learners. Also, their role is to serve as emotional support for their students as the second parent in the school. Therefore, the emotional work involved can sometimes cause stress; the complex classroom issues complicate their roles. In this sense, acknowledging and accepting the signs of tiredness and pressure is essential as physical manifestations can occur, such as headaches and not having enough sleep, should never be taken for granted. Other symptoms are being emotionally unstable, losing motivation, digestive problems, and sometimes not joining other co-workers, which are explicit signs of exhaustion that may result in absenteeism and a decrease in having a joyful work and personal life.

In this sense, teachers can use the following strategies to have healthy minds and stable emotions: Educators should have time boundaries for work and personal life. If the

work starts in the morning and ends in the afternoon, teachers should firmly finish the tasks within only that timeframe; then, it is time for their well-being and that of their families. In this way, teachers can have full relaxation time and recharge their energy for the coming battle they may face the following day. Time management for work and personal life is the key; next is having support from friends and co-teachers, which is a big help. Having real connections with co-teachers who know you well and recognize your work and personal problems can bring a sense of belongingness and harmony. Sometimes, having to see that you share the same problem and sharing ways on how to handle or solve these issues can bring ease of mind on both sides. Also, continuous communication and engagement with co-workers can improve professional competence and confidence and reduce stress-related job issues; most importantly, when you cannot handle stress and burnout anymore, it is vital to consult or seek professional help. It is not being weak, in fact, it is a courageous choice because accepting the problem at the earliest can help teachers find proper solutions, strategies, and cures to address present issues.

Indeed, educators' mental and emotional health is not only for themselves but also for the quality of education they contribute to society. By recognizing the formidable obstacles, actively taking action, and having strategies to fight mental strain and professional exhaustion, teachers can proceed to their specific goal, which is to positively shape the minds and behaviors of future generations while taking care of their well-being. Ultimately, educators deserve care, compassion, and unwavering support in their noble pursuits.

*References:*

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