

THE SIGNIFICANCE OF PROMOTING MENTAL HEALTH AND WELL-BEING

by:

Rose Ann Padilla-Bautista
Teacher III, Tipo Elementary School

The unsung heroes of the educational system are the teachers. Teachers now have more obligations and responsibilities than ever before as part of their growing position. They are frequently overworked. According to studies, burnout is the main cause of the high teacher turnover rate in schools. Their capacity to respond appropriately and effectively in the classroom may be impacted by stressors in their daily life and at work.

Every student's experience in a classroom is influenced by the emotional climate there. The teacher's emotional stability has an impact on that environment. Students who are near a teacher who suffer from mental health issues may suffer as a result. Therefore, it is not sufficient to ascertain the teachers' physical health but so as their mental health and wellness as well.

According to www.centerpointeinc.com (2014), mental health is the state in which an individual thinks, feels, and behaves in response to life's circumstances. An individual's ability to manage stress, interact with others, and make decisions is influenced by their mental health. It affects how people view themselves, their life, and other people in them. Mental health is important at all stages of life, just as physical health. Our mental health impacts every element of our life.

According to Khan (2017), mental wellness is equally crucial to physical health. Most people ignore mental illness while seeking medical care and therapy for any type of physical ailment or disease. The stigma, which might include social stigma, attached to mental illness is one of the main causes. It is our duty to end the stigma, which may be

done by encouraging more people to communicate about mental health issues and changing the way that others view mental health. Any kind of stigma associated with mental illness can only exacerbate the issue, alter people's perspectives, and make them feel more exposed.

Moreover, 78 percent of instructors report excruciating levels of stress, according to Thomas (2017). Higher stress levels increase the likelihood of burnout, poor classroom management and instruction, a diminished sense of connection to pupils, and lower job satisfaction among educators. Whether or whether a teacher has designed a differentiated, cross-curricular, standards-aligned lesson, they will not be able to give their children the greatest instruction if they are stressed out and dissatisfied. Studies have revealed a negative correlation between instructor worry, stress, and depression and student achievement.

The Department of Education (DepEd) investigated teacher suicide cases in 2018 after hearing claims that a demanding workload was the reason behind some of them. Undersecretary of Education Annalyn Sevilla said DepEd would also make efforts to guarantee that educators' mental health needs are identified and addressed. Sevilla went on to say that to help instructors who are experiencing anxiety or depression, they need expert advice and support.

Teachers are concerned about wellness in addition to mental health. The World Health Organization (WHO) defines health as a condition of whole physical, mental, and social well-being rather than merely the absence of illness or disability. It is characterized by the National Wellness Institute as a self-directed, dynamic process of realizing one's greatest potential.

It is critical to support teachers' mental health and well-being because doing so may result in an overall more productive and positive learning environment. To enjoy a greater quality of life, one must maintain an optimal state of wellness. Health is

important. Since it influences our behavior and feelings, achieving wellbeing is crucial for everyone to manage stress, lower the risk of sickness, and guarantee constructive relationships.

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