

THE VITAL IMPORTANCE OF TEACHER MENTAL HEALTH: A FOUNDATION FOR EDUCATIONAL SUCCESS

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Maintaining good mental health is highly important for teachers as it has a direct effect on their physical condition and as well, it influences their performance in the class. Perfect mental health is related to a host of advantages that create strong work atmosphere and quite impressive education results.

To begin with, mental health becoming one of the first health topics in a teacher's everyday life would result in the decrease in the level of stress they experience. The teaching job is a challenging occupation with teachers frequently suffering from heavy workloads, difficult student behaviors, and administrative pressures. Apart from that, an enabling atmosphere arises when teachers are getting into self-care habits that include mindfulness, and looking for help when necessary, they can cope with stress in a better way. Besides, the mental health of teachers is a convincing argument for a higher degree of job satisfaction among those working in schools.

Teachers can handle the daily ups and downs of the job with a sense of purpose and fulfillment if they have an optimistic outlook and are emotionally resilient. Higher levels of motivation, job satisfaction, and dedication to their role as instructors can result from this. Furthermore, preserving mental health helps improve interactions between teachers and students.

Emotionally intelligent, patient, and understanding teachers are more likely to have good mental health. This good relationship can foster a helpful learning atmosphere where students are inspired to participate fully in their education and feel appreciated

and respected. Additionally, encouraging good communication and teamwork within the school community depends on teachers maintaining their mental health in good shape. When educators put their own needs first, they are more able to collaborate with parents, administrators, and other educators to support students' success through clear communication, constructive conflict resolution, and teamwork.

According to study, instructors who are in good mental health are more likely to use successful teaching techniques, give insightful feedback, and design dynamic learning opportunities for their pupils. This has a positive impact on academic results. Better academic results, more motivation among students, and a favorable school climate can all result from this.

It is significant to highlight that encouraging teachers to practice self-care necessitates a holistic strategy that includes professional development on self-care techniques, access to mental health resources, and a supportive school culture that prioritizes wellbeing. Schools may foster a productive work environment that eventually serves the interests of teachers and children by making investments in the mental health of their faculty. To sum up, there are numerous and significant advantages to teachers keeping their mental health in check.

The total performance and well-being of educators and children alike depend on putting mental health first. This includes lowering stress, increasing job satisfaction, boosting student outcomes, and creating a happy school atmosphere.

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