

SUPPORTING THE MENTAL WELLNESS OF TEACHERS: WHY IT MATTERS

by:

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As teachers mold young brains and promote intellectual, social, and emotional development, they have a significant impact on students' lives. The welfare of students receives a lot of attention, but teachers' mental health is just as important. Teachers are under increasing pressure as the expectations of the teaching profession increase. Teachers deal with a variety of issues that can affect their mental health, such as overseeing classes, assigning grades, fulfilling administrative requirements, and adjusting to new technology. In addition to their own physical health, instructors' mental wellness is crucial for fostering a more positive, productive learning environment.

Indeed, teaching is a hard profession by nature. That is the reason why it is widely known that stress at work is common in the teaching profession (Leung et al., 2009; Naghieh et al., 2015). Teachers put in a lot of work and frequently spend more time outside of the school day planning lessons, marking homework, and scheduling meetings with administrators or parents. As they deal with behavioral problems, a variety of student demands, and perhaps challenging classroom dynamics, they are under emotional strain. They also have a greater responsibility to attend to the social and emotional welfare of their pupils, a duty that might cause "compassion fatigue" as teachers take on the emotional burden of their students' difficulties.

High workloads and lack of time, emotional demands, lack of resources, pressure to do well, job insecurity, and low compensation are some of the factors that lead to teacher stress and burnout. Teachers' personal lives and their capacity to provide high-

quality instruction are both impacted by these pressures, which can result in burnout, despair, anxiety, and even physical health issues.

Teachers must be in good mental health in order to perform at their highest level in the classroom. Mentally healthy educators are more resilient, more capable of managing stress, and more successful educators. Additionally, they are more likely to foster a supportive environment for pupils and set an example of positive behavior. Students learn and thrive in an environment created by a teacher who is composed, self-assured, and emotionally balanced.

Thus, the school community gains when teachers' mental health is supported. Teachers who are in good mental health are more likely to work well with others, speak honestly with their peers, and support a pleasant school climate. Because teacher well-being improves student outcomes, school morale, and overall educational performance, this has a cascading impact.

In conclusion, a healthy educational system depends on teachers' mental health. Schools and communities may assist teachers' mental health by fighting for equitable policies, fostering a friendly culture, and promoting self-care. In addition to helping teachers, promoting teacher well-being has a chain reaction that strengthens school communities, improves classroom health, and increases student engagement. A better future for education and the generations it serves can be ensured by investing in the mental health of educators, who are priceless members of society.

References:

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