

HELPING TEACHERS WITH THEIR MENTAL HEALTH AND WELLNESS

by:

Rose Ann P. Bautista

Teacher III, Tipo Elementary School

Teachers play a vital role in schools. There are times when there are many tasks that must be accomplished. Many teachers feel overwhelmed and stressed. Studies show that high stress levels often lead teachers to leave their jobs. Daily pressures can make it hard for teachers to focus and connect with their students.

The mood in a classroom can greatly affect how students feel and learn. A teacher's emotional state can influence the entire class. If a teacher struggles with mental health issues, it can negatively impact the students. It is crucial to pay attention not only to teachers' physical health but also to their mental health and well-being.

Mental health involves how people think, feel, and act. It affects how stress is managed, how relationships are built, and how choices are made. Mental health helps shape how individuals view themselves and their lives. Like physical health, mental health is important at every stage of life. While many people focus on taking care of their physical health, they often forget about their mental health. There is still some stigma around mental illness, which can make it hard for individuals to seek help. Open discussions about mental health can help change this perspective.

A study by Thomas (2017) found that 78% of teachers feel very stressed. When teachers are stressed, it can lead to burnout and decreased effectiveness in teaching. They may feel less connected to their students and less satisfied with their jobs. Even with the best lesson plans, stressed teachers may struggle to teach well. Research shows that anxious or depressed teachers can negatively impact their students' success.

In 2018, the Department of Education investigated teacher suicides and found that heavy workloads might be a contributing factor. Education Undersecretary Annalyn Sevilla emphasized the need to support the mental health of teachers and others in the education field. She noted that teachers should seek professional help if they feel depressed or anxious.

Wellness is also a significant concern for teachers. The World Health Organization (WHO) defines wellness as a state of good physical, mental, and social health, not just the absence of illness. The National Wellness Institute describes wellness as a personal journey to achieve one's full potential.

Supporting teachers' mental health and wellness is crucial because it leads to a better learning environment for everyone. When teachers feel well, students benefit as well. A focus on wellness helps lower stress, reduces the risk of illness, and improves relationships. Therefore, it is essential for everyone to strive for better mental health and wellness.

The Official Website of DepED Division of Bataan

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