

## POSSESSING A POSITIVE MINDSET AMIDST PANDEMIC

by:

**Jamila M. Cruz**

*Teacher III, Saging Elementary School*

Early this year, the World Health Organization (WHO) declares the novel coronavirus outbreak pandemic, since then our national government imposed lockdowns for precautionary measures and limits the movement of each individual to prevent transmission of the virus, hence protecting ourselves, our families, our community as well as our front liners from obtaining the virus. Lockdowns have created a lot of changes in the way we go on with our everyday lives, it limits our face-to-face interactions with people and virtual communication has been encouraged. With these, online transactions and virtual meetings become our “new normal”, though it is convenient we still yearn for physical interaction, and we are still used to traditional way of accomplishing tasks. Given the situation every aspect of our lives has been affected especially our jobs, we must adapt to changes imposed by the Department of Education; with all the transition from traditional learning into a digital platform in our workplace how can we adapt to changes? How can we possess a positive mindset amidst the pandemic? How can we keep our mental state healthy in the middle of the crisis?

To keep yourself from burning out, here are some helpful tips to see the silver lining in the middle of the chaos:

Take a break on social media

We must admit that social media is helpful as it provides both information and entertainment in our lives, however, in a crisis we are facing right now taking a break from social media wouldn't hurt. Social media detox is advisable to keep your mental health good and keeps anxiety away, as social media is beneficial it can also cause harm

to our mental health and adds stress to the existing problems we have may it be personal, career or any aspect of our lives

## Exercise

Take a breath. We know how stressful the workplace can be and the anxiety of coronavirus in our community contributes to our stress, however, we can eliminate negative thoughts by shaking negativity through exercises. There are a lot of exercises on the internet that you can follow, in this way you are not only taking care of your physical health but your mental health as well.

## Watch your favorite movie

Everybody needs a break and you too. Transition from traditional learning to blended learning may be overwhelming but we have no choice but to adapt, however, this doesn't mean that you cannot take a break from work. Watching your favorite movie or TV show helps you loosen up a bit and relaxes your mind towards the stress brought by the pandemic and the changes in the workplace.

## Engage in online courses for skills development

As our jobs require additional skills in conducting online classes, few teachers might be unfamiliar with different technical skills required in creating online modules, but bear in mind that learning doesn't stop at school. There are a lot of free tutorials and online classes available online that may help you develop technical skills in creating online modules for your classes.

## Say a little prayer

In the end, let's welcome each blessing with a grateful heart despite the threat given by the virus. With this, we should all be thankful that we and our families are safe, we have food on the table and we still have jobs in the middle of the pandemic.

The pandemic has challenged us physically and mentally and we have managed to cope up with the challenges it brought us, no matter how overwhelming things can be, remember to look at the brighter side of things, take a break and talk to a friend. Never let a situation break you. Changes can be scary but it is inevitable, for now the “new normal” may be challenging but we can and we will adapt in order to fulfill our duties as an educator and an obstacle will never hinder learning.

## *References:*

[https://cnnphilippines.com/world/2020/3/12/WHO-COVID-19-pandemic.html?fbclid=IwAR3TGIDwCI-GRuRfTV7WcWCa0xymJi208ZaegQey\\_bTeKvthls7oMla8otU](https://cnnphilippines.com/world/2020/3/12/WHO-COVID-19-pandemic.html?fbclid=IwAR3TGIDwCI-GRuRfTV7WcWCa0xymJi208ZaegQey_bTeKvthls7oMla8otU)

<https://www.sho.coach/post/3-steps-to-a-positive-mindset-during-crisis>

<https://declutterthemind.com/blog/social-media-detox/>

Plagiarism checker:

<https://smallseotools.com/view-report/e33fcfc096052ca9aceb2a697e4a8a71/>