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## RESILIENCE AND WELL BEING IN TEACHER PREPARATION

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### Abstract

- Resilience is capacity to recover from difficult life events. It's your ability to withstand adversity and bounce back and grow despite life's downturns. So keeping this view, It is to study strategies/techniques to develop resilience and wellbeing in Teacher Education in following ways:

**Keywords:** RESILIENCE, TEACHER, WELL BEING

### Requirement of Wellbeing Promoted Workshops

- ❖ Care Programs at Work
- ❖ Satisfaction Sessions
- ❖ Appreciation Interventions
- ❖ Self-Manager for Emotional Awareness
- ❖ Gratitude
- ❖ Positive assertions, as are compliments
- ❖ Mindfulness:
- ❖ Great Philosophies
- ❖ Carrying less burden for materialistic things
- ❖ Reduce Infectious Emotions
- ❖ Yoga and Sports Activities
- ❖ Make a routine to pen down feelings
- ❖ Calm Room

### Objectives:

- To understand the concept of Resilience and Well Being in Teacher Education
- To study strategies/techniques to develop resilience and well being in Teacher Education

Resilience is capacity to recover from difficult life events. It's your ability to withstand adversity and bounce back and grow despite life's downturns.

Resilience gives people strength to process and overcome hardship. Those who are lacking resilience get easily overwhelmed or burst and develops unhealthy mechanisms. Resilient people comes with strengths

and develops support systems to overcome challenges and work with all problems. Wellbeing involves having positive self image and esteem. Resilience, which is directly related to wellbeing, is about having the ability to cope with and adapt to new situations.

In this very day and age, society is confronting amazingly extreme difficulties as an Earth-wide temperature boost, catastrophic events, monetary retreat, psychological oppression and Covid-19. With these miseries and ghastliness, 21<sup>st</sup> century lives have become very fixed, resolute and unwavering. So In this time, there is high need of resilience and well being in teacher education. It can be inculcated through positivity around environment. To create positivity around environment there is need of Positive Education.

Positive Education focus at three times:

- (a) The past centring on prosperity, happiness and fulfilment.
- (b) The current which centers around ideas, joy and stream encounters.
- (c) The near future with ideas comprising idealism and expectation.

❖ Positive Education follows three perspectives:

- ❖ The subjective perspective encircles satisfaction, high faith, and prosperity.
- ❖ The individual perspective centers around characteristic of the 'great individual' (for instance, ability, intelligence, adore, strength, innovativeness)
- ❖ The gathering perspective contemplates positive organizations, citizenship, and groups (i.e., philanthropy, resilience, hard-working approach) (Positive Psychology Center, 1998).

These perspectives follow Humanistic Brain:

Humanistic brain is to inquire about human idea, conduct and experience. It could be the mental perspective that stresses the study of the all peoples. Humanistic clinicians believe that:

- (1) People's behaviour is actually dictated by feeling of their surroundings .
- (2) Individuals are not wholly the consequence of their condition or their qualities.
- (3) Individuals are from the inner side coordinated and persuaded to please their own potential.

The fundamental drive of humanistic brain to centre on psychological wellness, particularly positive qualities as an example like bliss, happiness, joy, benevolence, mindful, sharing and liberality. This perspective eventually sees life as a procedure, with all people seeing a natural drive for development and satisfaction of possibilities with following ways:

### **Requirement of Wellbeing Promoted Workshops**

- ❖ We recognize that "Bliss is the most elevated form of wellbeing" – Dalai Lama.

- ❖ A person who is battling with wellbeing conditions is more averse to infer delight at work. Wellbeing advancement in the working environment is advantageous from multiple points of view. It advances attention to various medical problems that might be identified with pressure and burnout.

It decreases representative disappointment that prompts surprising abdications and absconds from work.

Wellbeing mindfulness diminishes medical coverage loads from associations. It guarantees an audio work-life balance among representatives.

### ❖ Care Programs at Work

Sorting out care battles at the task environment is really a developing pattern these days. These projects center around structure enthusiastic mindfulness at work, upgrading basic leadership control, encouraging confidence and offering thanks. Case of such a preparation is the Mindfulness at Work stations that conveys a number of valuable business related careful activities that advance the overall prosperity of representatives and directors.

### ❖ Satisfaction Sessions

Numerous experts incline toward single satisfaction and life instructing sessions that emphasis on helping the members communicate by guided assistance. “Examples of such courses will be the Career Happiness Coaching by Marina Ofner and the Happiness Life Coaching preparing strategies”.

### ❖ “Interventions to Use in a Working Environment”

#### **The Innovation Time Technique**

This can be a prevalent working environment related PPI, where in actuality the members are urged to invest some energy conceptualizing and seeking after their meaningful venture. The explanation of the mediation is to provide the people to be able to appreciate self-sufficiency and put resources into something they wish to participate in.

### ❖ Appreciation Interventions

Appreciation intercessions in most structures certainly are a basic little bit of PPIs at work. They're utilized alone or in blend with various intercessions to upgrade self-happiness and delight among workers.

A couple of cases of appreciation intercessions include:

Appreciation journaling

- Gathering appreciation trade sessions
- Sending appreciation notes

- Self-appreciation computes
- Guided appreciation contemplation

### ❖ **Self-Manager for Emotional Awareness**

The tips and activities center around making the respondents progressively mindful of themselves and distinguish the stressors at work, subsequently giving their education to supplanting their negative feelings and upgrade joy at work with following ways:

- Exercises bring more satisfaction than belonging. A study of 150 youthful grown-ups demonstrated that when solicited to rate the bliss esteem from buys they trusted would be pleasurable, encounter write buys, for example, outings or suppers, outranked objects.
- Being well off does not make you more inclined to be glad than other individuals, as long as everybody's salary is over the neediness level.
- Thankful individuals will probably be sound, useful, and have a more prominent feeling of prosperity.
- Seeing other individuals do great things influences us to need to do great as well.
- An idealistic standpoint lessens the danger of physical and enthusiastic health problems.

❖ Here are a few activities to enable you to support your own particular joy:

❖ Practice appreciation

- Enable yourself to appreciate what you appreciate — whatever it is, relish it!
- Practice idealism — locate the positive turn
- Contend with yourself about negative convictions about the past

❖ **Gratitude:** It is thankful appreciation for all. Infact it is positive state of mind that focus on what we already have, rather than what is lacking in life. So always have Gratitude towards parents, helpers, nature, power, mind, body, healthy family,resources and world. It is Very easy to complaint when we complaint we deplete our emotional strength.

❖ To shift from complaint TO gratitude is emotional well being.

❖ Positive Affirmation: means thoughts which we repeat many times a day and when we repeat them it becomes natural way of thinking

What natural way of thinking becomes natural way of speaking and become reality.It is experimented that Life is manfestration of our thoughts.Life is a manifestation of thoughts so lets think only what we want to become reality, So Stop thinking and speaking a single word that you donot want to becme a part of destiny for current situation.

- ❖ positive affirmation
- ❖ I choose to be happy and to love myself
- ❖ I am worthy
- ❖ I am free of worry and regret
- ❖ My thoughts become my reality
- ❖ I believe in my self
- ❖ I will be kind to myself and others today
- ❖ I am grateful for all that I have
- ❖ I will not worry about things which I can't control
- ❖ I am a powerful human being don't get influenced by situation
- ❖ I am a peaceful human being I will stay away from anger, hurt, depression
- ❖ I am a fearless being, will not be touched by any fear around us
- ❖ My body is perfect and healthy and will always be
- ❖ God's power and blessing is a circle of protection around me
- ❖ God's power and blessing is a circle of protection around the planet.
- ❖ The planet is full of divine energy, and I am safe what has come on planet will go and will never come again.
- ❖ **Positive assertions, as are compliments,** "verbal daylight" that brings a quick feeling of joy and pride in us. Here are some positive insinuations that individuals can tell themselves and let the light type in our brain, as satisfaction is a choice that individuals should make each day.
  - "I've the right to be upbeat
  - I cherish my body and my brain profoundly
  - Today, I will ponder just the beneficial things throughout everyday activity
  - I excuse myself for each single past error
  - I hold no hard feelings against anybody
  - Whatever has occurred, is for the great
  - I will embrace current circumstances
- ❖ From today, I will relinquish old propensities and grasp new and better ones
  - I'm thankful for all that I've up to now
  - I'm a competitor, and I will beat this

- I will cherish myself more from today
- All is well and I'm pleased with myself”.”

- ❖ **Mindfulness:** Mindfulness is a type of attention in which you focus on being intensely aware of what you ‘re sensing and feeling in the moment, without judgement.  
Practicing mindfulness involves breathing methods, guided imagery and other practices to relax the body and mind and help reduce stress.
- ❖ **Great Philosophies:** Always place with yourself some of the Great Philosophers philosophies, even that keeps your well being intact. Whenever, you feel yourself in misconduct behaviour, keep getting from those philosophies.
- ❖ **Carrying less burden for materialistic things:** Always try to carry less burden for materialistic things. A continuously running after materialistic things makes life so hectic and selfish and destroys resilience & well being. Be ensure carry only those things which are required in individual life, not just because others have and have not.
- ❖ **Reduce Infectious Emotions:** To prevent emotional contagion is to be aware of what you’re feeling and take steps to avoid allowing that feeling to impact those around you.
- ❖ It is difficult to control intense emotions; however it is possible to mitigate the contagion effect on those who are around you.
- ❖ **Stress Management Exercises**
- ❖ Stress and burnout is really a basic little bit of generally callings. Stress the board activities and evaluations certainly are a certain shot solution to advance generally physical and mental prosperity of representatives and directors.
- ❖ **Yoga and Sports Activities:** Yoga and Sports Activities are really stress buster exercises. Make a routine to do these activities regularly. It also help to reach maximum oxygen to brain and Brain remains fertile. Fertile brain gives you positivity and healthy life.
- ❖ **Make a routine to pen down feelings:** Many people hesitate to speak so give students space to pen down their feelings/emotions about any particular event. When they will write and forward their feelings, it will also help to clear filthy brain. “Open your eyes and on the paper where you had recorded the complaints, write in bolds, FORGIVEN and FREE”.
- ❖ **Calm Room**
- ❖ You can create an emotionally safe room in which all feelings are blessed, A ‘calm-down spot’ in the room is a great way to do that,”

“It is usually recommend a pillow , a feelings poster, a couple of calm-down strategies such as a stress ball or books about emotions, and a timer.” Once it’s set up, make your yourself and others aware of what it’s for and how to use it.

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