

Midyear Blues

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Have you been a victim of the midyear blues that seem to creep into the lives of teachers all around the globe? Every year we start out with great intentions to stay on top of the marking pile or to get more involved in extracurricular activities. However, it seems that as the days grow shorter and the workload becomes larger, the usual bounce to a once cheerful step deteriorates to a sluggish drag. I would like to suggest a remedy that will help pick up the spirits and restore a much needed energy to anyone willing to try. The potion for this remedy was introduced to me by Ron Schafer, during the mandatory Health and Fitness class at Canadian University College. The potion is found in Luke 2:52.

“And Jesus grew in wisdom and stature, and in favor with God and men.”

There are four key words that really stand out in this text: Wisdom, Stature, God, and Men. The text suggests four areas in life that we need to focus on. For a person to live a balanced life, they must engage in activities from the four areas the text suggests: Wisdom (Mind activities), Stature (Physical Activities), God (Spiritual Activities), and Men (Social Activities). Sometimes the everyday repetition of lessons in the classroom is enough to make me want to sit on my couch and vegetate for the evening. By working hard to stay balanced, we can stay out of the Midyear Blues and have the extra energy we need to close out the year with gusto.

It is important to keep our minds active on things outside of school. I try to have a project to work on when I get home from school, so that I can forget about the things that I need to do before class begins in the morning. Simple things such as building a puzzle, reading a good book, or trying to hang a picture on the wall straight (major problem of mine) are enough to take my mind off schoolwork.

Staying active is another key to beating the blues. Going to the gym is the easiest way to stay active. There are so many good options to choose from. My mother visits “Curves” and she phones me oftentimes and tells me how good she feels after going. Other ideas include bundling up and going for a walk, digging the skates out and heading to the pond, or grabbing the swim trunks and swimming a few laps. Even twenty minutes of physical activity a day will energize any participant.

When I first began teaching, I would come home to a cold, dark, and empty apartment. After eating supper, I would settle in to marking for the evening. The only time I would see people was during the day at school. As time passed, I started to crave the company of people outside of school. To keep the social aspect of our lives healthy, it is imperative that we stay in contact with people outside of school. I looked for some things to keep me active with people outside of school. Activities such as a bowling night, a board games night, or a Bible study were activities that I used to stay in touch with people.

Finally, we must stay plugged into Christ. Without Him, we have no hope to beat the blues. When I get down, I always refer back to my favorite texts. In Philippians, we are told that we can do all things through Christ who gives us strength. How encouraging is that? Tomorrow, when the student that gets under your skin starts to act up, just remember that Christ is on your side and he will not give you anything that you cannot bear. “But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” Isaiah 40:31 (NIV)

It is my hope and prayer that if those Midyear Blues start creeping up that some of the above suggestions will help. Remember that balance is the key to a successful year. Keep your eyes focused on Him.