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## Effect Of Emotional Health And Mental Stability In Classroom Teaching Behavior

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In today's busy and rushed lifestyle, it is very necessary to talk and debate about emotional stability and mental health of an individual. As my research is on how does it affect the classroom teaching behavior of a teacher, do their daily life's trauma and uncertainty effect their teaching behavior, if not then good means teacher is very meditative, focused and disciplined, but if yes which can be in most cases because it is human tendency to absorb the human environment around then how can it's negative effect can be minimized in classroom.

First of all one should know what is emotional stability, it is basically managing and balancing one's emotion. As McDougal suggested that emotions can be of Fourteen types so not to get into extreme of these emotions either negative or positive is what emotional stability is all about.

Another hand what is mental health, it is basically a psychological and psychiatric condition of mind and brain, if it is organized mental health is good enough and logically sequenced but if the outside pressure get into the mind the mental health can be effected negatively.

So both if negatively impacted can tend poor classroom condition which will effect student's life and studies too, because in most of the cases in India the trauma of teacher knowingly or unknowingly can be passes to students and can harm them in long go, and also in poor condition of these two the teacher can be unproductive, so it is necessary to cater this problem because in today's era the stress and anxiety is bi-product of every work.

For catering these negative situation of emotional stability and mental health following solutions can be applied-

1. Mesitation:- Various kinds of meditation like 7 chakra meditation , mindfulness meditation, transcendental meditation, mantra chanting, can be providedti the teacher on daily basis either in institutions or via multimedia at their comfort zone.
2. Yoga and exercise- Different types of yogas, Hath yoga, Ashtang Yoga, Vinyasa Yoga, Iynger Yoga, Yin Yoga, Kundalini Yoga, Bikrama Yoga, Power Yoga, gyming, swimming, sports can be done for being in physically , emotionally and mentally fit.
3. For getting emotionally stable, today Indian government has launched many free incentives like TeleManas, Mpower, Fortis helpline numbers , one can ask for help from them to free.
4. In severe condition one should psychiatrist and concerned doctors who will help them releasing from bad state of both.
5. Tourism and extra curricular activities can also help one being mentally and emotionally fit.

So, conclusively a teacher should follow progressive steps to be in balanced mental and emotional situation so that their stigma whill not effect the innocent students and also they can impact their knowledge at their best for bettering the education.

