

August 2018

Mental Health is for Teachers Too!

Looking After Your Own Mental Health



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Canadians feeling stressed, hopeless

- Across the board, Canadians are encountering more stress, depression and suicidal thoughts
 - Thirty-six per cent of Canadians admitted that several times throughout the year, they felt stressed to the point where it impacted their daily lives.
 - Another 24 per cent said there were several instances in which they felt stressed to the point where they couldn't even cope.
 - Nineteen per cent said they felt depressed to the point where they felt sad or hopeless almost every day for a couple of weeks or more.
 - Seven per cent said they seriously considered suicide or self-harm more than once in the past year, too.

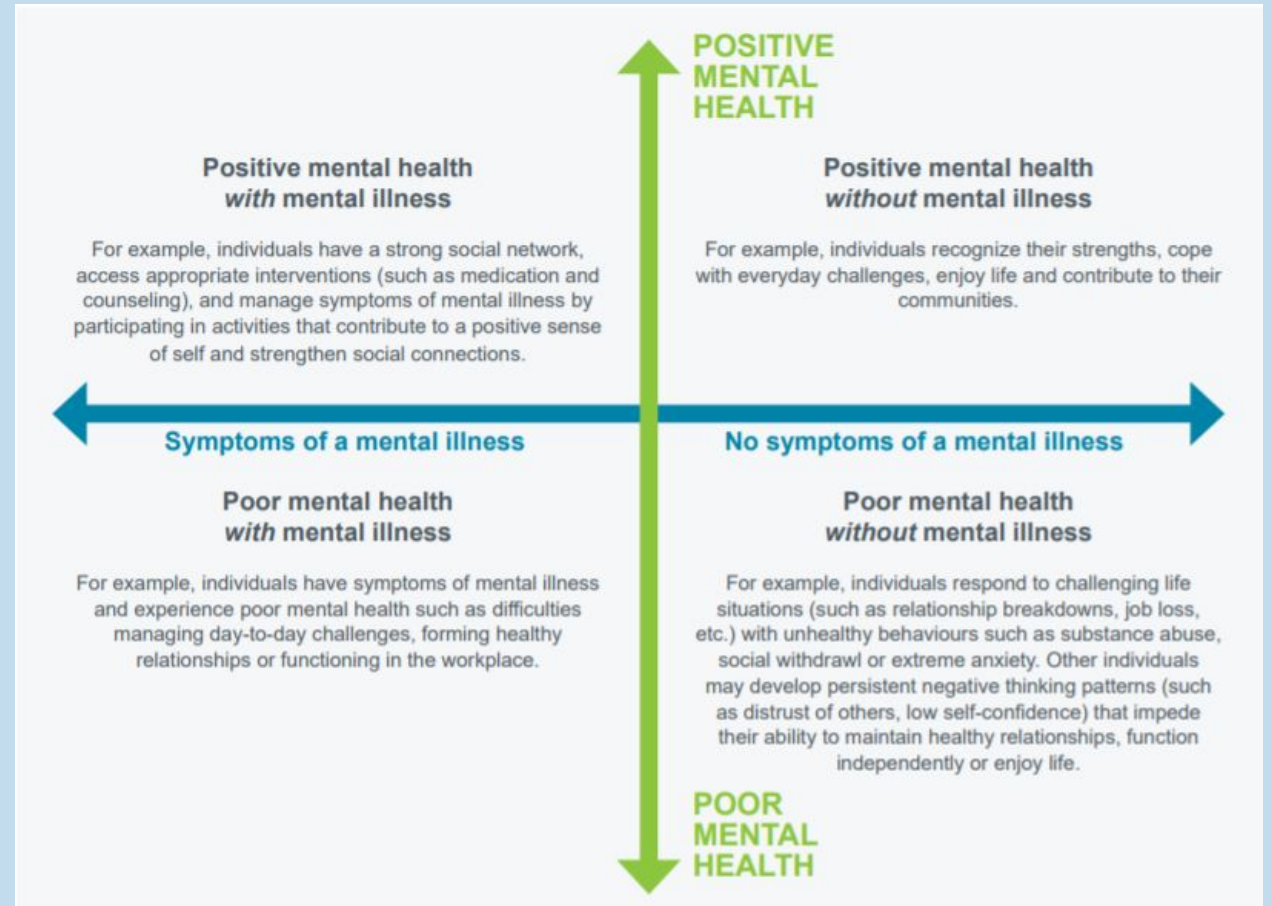


Canadians feeling stressed, hopeless

- These are the groups that are hardest hit
 - Millennials were the hardest hit the past year. Sixty-three per cent fell into the high-risk category compared to 41 per cent of Gen Xers and 24 per cent of Baby Boomers.
 - Forty-seven per cent of women were at high risk compared to only 36 per cent of men. Low-income Canadians fared the worst year-over-year, with 47 per cent of those who made less than \$40,000 a year falling into the high-risk category.
 - When it came to regional breakdown, Ontario and the Western provinces saw the largest numbers of residents falling into the “high-risk” classification. B.C. had 49 per cent, followed by Alberta (46 per cent), Saskatchewan and Manitoba (45 per cent each) and Ontario (44 per cent).



Mental Health and Mental Illness are not opposites



Signs of Work Stress



- Stress is a normal response to the demands of work. It can be beneficial in short bursts, helping you stay alert and perform at your best.
- However, prolonged or excessive job stress can be damaging to your mental health. Stress can contribute to the development of anxiety and/or depression, and may cause an existing condition to worsen.
- As well as affecting your relationships and life outside work, stress can increase your risk of injury, fatigue and burnout.



What is self-care?

“In the unlikely event of an emergency, fit your own oxygen mask first, before attending to children or dependents.”



Why practice self-care?



Practicing self-care is an important professional development activity that will help you to cognitively, physically and emotionally 'bounce back' each day over the long term.



What does self-care look like?

- Engaging in activities and practices that give you energy, lower your stress and contribute to your well being (E.g. exercising regularly, eating well and fostering positive relationships). Self-care activities will be different for everyone.
- Doing these activities regularly before the crisis hits.
- Noticing when your stress is manageable, and your physical and emotional wellbeing is enhanced.
- Making a commitment to your health and wellbeing for today and into the future.



Self-care is a daily and long-term activity

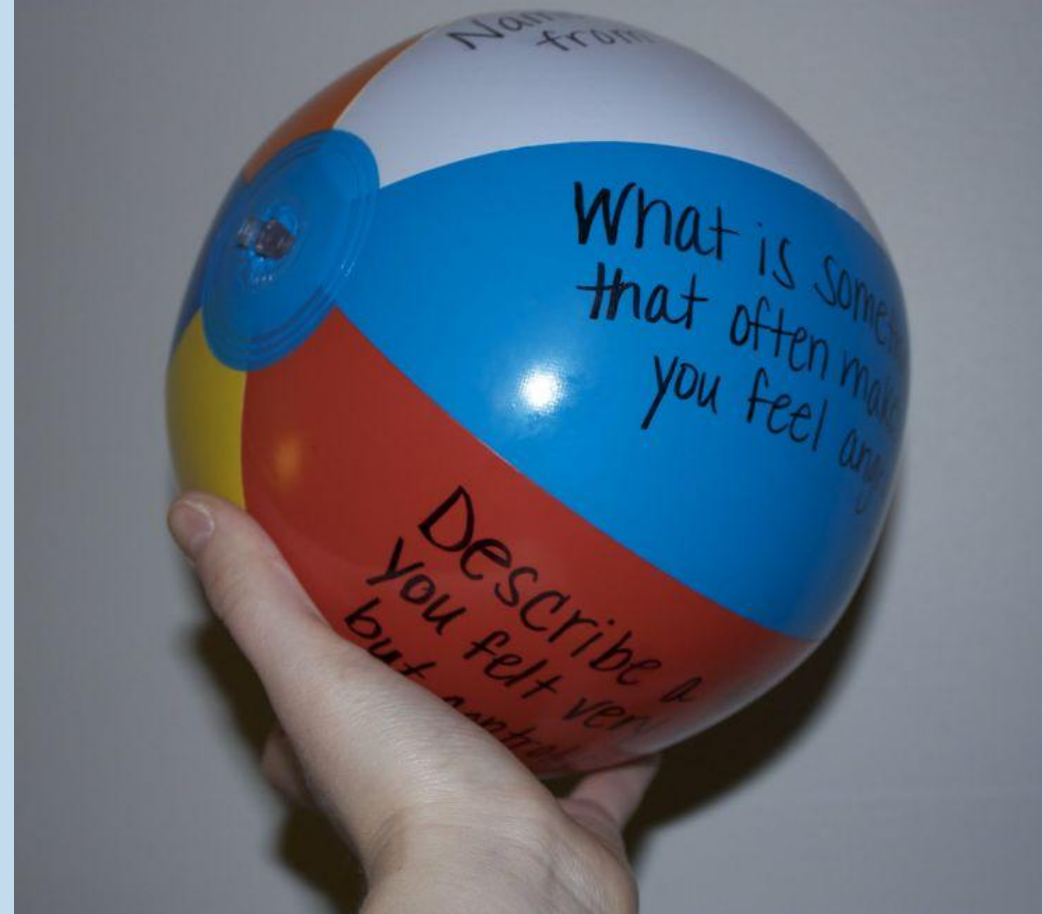
Self-care takes practice, like athletes training for a sport. In order for them to be at their best, they require a holistic approach to training throughout the week and even in the off-season.

Self-Care is a
priority and necessity
- not a luxury -
in the work that we do.

https://inspire.au1.qualtrics.com/jfe/form/SV_8vN4sBPKXhoVpv7



The Question Ball



1. Where do you like to go to be alone?
2. Who do you most respect?
3. If you could travel anywhere, where would you go?
4. How would your best friend describe you?
5. What is one thing that you have always wanted to do but have not done yet?
6. Tell us something good that has happened to you in the last two weeks.
7. What issue will/do you always speak your mind about?
8. What is something that always brings a smile to your face?
9. If you could have one season all year long what would it be? Why
10. What leisure time activity pleases you the most?
11. Other than a relative, what one person has greatly influenced your life?
12. What do you want to be doing ten years from now?



Connect

People who are more social connected to family, friends and their communities are happier, physically healthier and live longer, with fewer mental health problems.

- Build Relationships
- Intimacy Matters
- Share meals



Breathe

- Equal breathing
- Abdominal Breathing
- Progressive Relaxation

Q: What did the green grape say to the purple grape?



A: Breathe! Breathe!



JuicyQuotes.com | THE BEST JOKES TO SHARE



Be Aware

Practicing this skill will reduce stress levels, improve your ability to handle future stressful situations and help you develop better relationships.

- Take time for yourself
- Focus on the present moment
- Breath
- Write it out
- Express yourself
- Set realistic goals
- Be positive



Think Positive

For example: I fell
down the stairs today
and thought, "Wow!
I sure fell down those
stairs fast!"

Unknown



Pair-Share

- If you could learn to do anything, what would it be?
- What is something you learned in the last month?



Keep Learning

- As well as giving a sense of achievement, being enjoyable, and helping you cope with stressful events, as student into adult learning has found that “the most fundamental and pervasive benefit from learning of every kind is a growth in self-confidence.”
- Learning does not have to mean formal education. It can be anything that develops your knowledge in any area. Stepping out of your comfort zone and trying something new will enhance this.



.Facts about staying healthy:

1. If walking/cycling is good for your health, the postman would be immortal.

2. A whale swims all day, only eats fish, drinks water and is fat.

3. A rabbit runs and hops and only lives 15 years.

4. A tortoise doesn't run, does nothing ..yet lives for 450 years.

AND YOU TELL ME TO EXERCISE!

I don't think so ..

Lovethispic.com

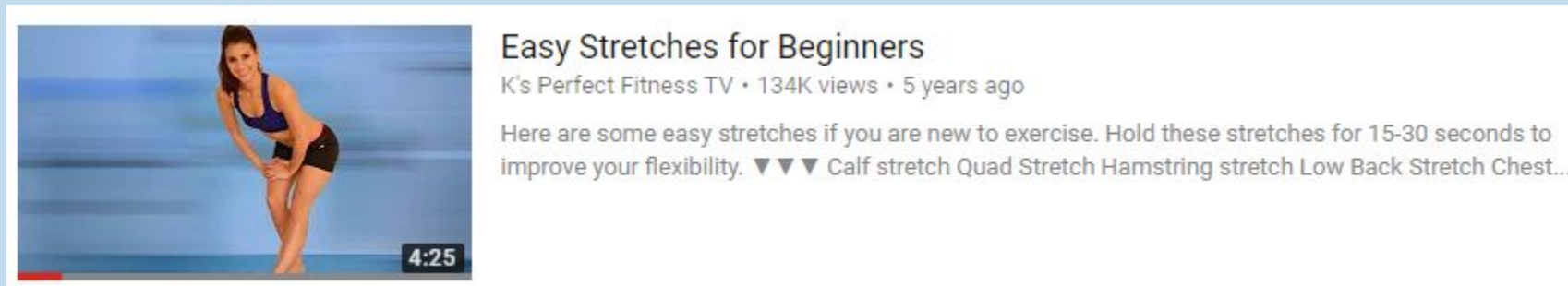


Look After Your Physical Health

- Get enough sleep
- Go Outside
- Stretch
- Drink water
- Laugh
- Eat Well
- Be Active



Easy Stretches For Beginners



<https://www.youtube.com/watch?v=tdNEzxhPhpo>

Get a drink



Tips for Staying Healthy at Work

Drink lots of water between meals

(not with your meals)

Snack on nuts and dried fruits

(avoid chocolate and crisps)

Eat a healthy breakfast

either before work or when you arrive at the office

Don't skip your lunch!

You should never be too busy to eat

www.findemployment.com



Give To Others

- Research suggests that we feel a “warm glow” when we help someone else.
- The Good Card Video
- Random Acts of Kindness
- Kindness Cards

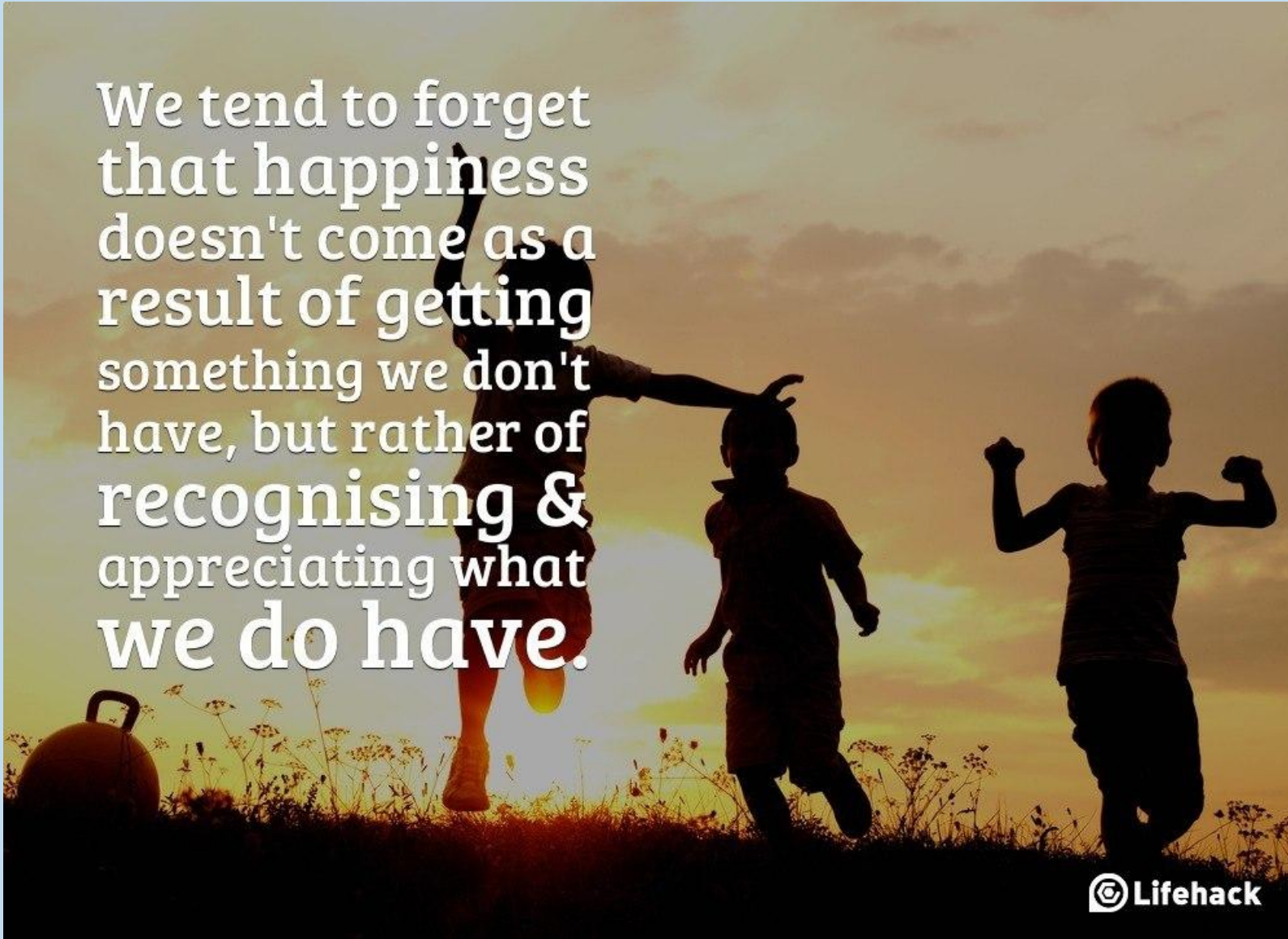


Kindness Cards

- Write a thank you card
- Create a Kindness Card



We tend to forget
that happiness
doesn't come as a
result of getting
something we don't
have, but rather of
recognising &
appreciating what
we do have.



© Lifehack



Taking Positive Action

- Common mental health problems arise from life events as well as the pressure of work
 - bereavements, divorces, financial difficulties, family history and personal characteristics can trigger mental health problems
- Educational staff put off looking for help because they think that they will inevitably lose their job if they have a problem
- Most staff are easily treated and with temporary adjustments do turn to work
- The earlier help is sought the more likely it is that any difficulty will be overcome



5 PROVEN WAYS TO BE HAPPY RIGHT NOW

① Take three walks

“People who were more physically active overall had higher pleasant–activated feelings than people who were less physically active, and on days when people were more physically active than was typical for them, they reported higher levels of pleasant–activated feelings.”



② Write for 20 minutes



“That people may enhance their romantic relationships by simply writing down their thoughts and feelings about those relationships has clear implications. The use of expressive writing as a tool for relationship enhancement could be applied to those in families, circles of friends and even work groups.”



③ Perform an act of kindness

“We scientists have found that doing a kindness produces the single most reliable momentary increase in well-being of any exercise we have tested ... Here is the exercise: find one wholly unexpected kind thing to do tomorrow and just do it. Notice what happens to your mood.”



④ Meditate for two minutes

- Meditation can:
 - Reduce stress
 - Control anxiety
 - Promote emotional health
 - Enhance self-awareness
 - Improve memory
 - Fight addiction
 - And much, much more.



⑤ Write Five Gratuities



When you reflect on all the good things in your life – your family, your friends, your home, your accomplishments – you focus your attention on stuff that fills your heart with love and joy. Heck, even thinking about a sunset or the cute kittens you got to play with can take you to a warm and loving place.

There's SO much to be grateful for – and the more you practice, the more you'll find blessings in every moment that passes



YOUR CHALLENGE:

- Walk your way to happiness by taking three, brisk 30-minute walks each week for the next two weeks and see how you feel.
- Write about a positive experience in your life for 20 minutes a day for three consecutive days. Take a day off and repeat.
- Perform one random act of kindness tomorrow. Then see how you feel.
- Meditate for two minutes per day for the next two weeks.
- At the end of each week for the next two weeks, write down five things you're grateful for.



Self-Care

- Self-care assessment
- Self-care plan
- Self-care card

<https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/self-c>

<https://socialwork.buffalo.edu/content/dam/socialwork/home/self-care-kit/Mair>



Self Care Card



Three commitments that I will make to myself!



3-2-1

EXIT

SLIP

3	Things I Learned Today ...
2	Things I Found Interesting ...
1	Question I Still Have ...

