

Supporting your trainee's mental health



Building blocks of wellbeing



20-60
minutes
most days

Physical activity



Eat well



Sleeping



Connections



A little more conversation...



Providing the opportunity

- Place
- Ease
- No interruption

A little more conversation...



David Beeney



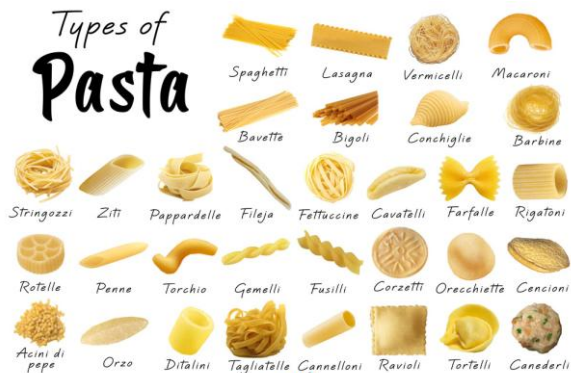
How are you?
No, really, how
are you?

How?

- 1:1s
- Getting to know you
- Breaking the stigma
- Tools

<https://www.breakingthesilence.co.uk/>

A little more conversation... Tools



<https://www.onlyfoods.net/types-of-pasta.html>



<https://weplay2learn.com/dixit/#gsc.tab=0>

WELLNESS CHECK-IN

On a scale between 1 and 10,
how are you doing?

HELP
I NEED
SOME
SUPPORT

PRETTY
MUCH
OKAY

IM DOING
AMAZING-
GREAT!



IF YOU ARE
BETWEEN 1 AND 5:

What would move you up a number
or two?

What is helping you to cope and get
through these tough times?

When things are going better, what
will you notice is different?

IF YOU ARE
BETWEEN 6 AND 10:

What is helping you
to be here?

What can you do more of to stay
here or move up?

What does being at this number tell
you that you need?

Kai

Taking time to reflect and talk

Studies have shown that talking about your experiences and sharing emotions with a sympathetic other person can be a healing process. It can reduce stress, strengthen the immune system, and soothe both mental distress and physical ailments (Pennebaker, Kiecolt-Glaser, & Glaser, 1988).

- How would I describe my wellbeing? Give it a score of 1-10?
- How would I describe my stress levels? What can be done to close my stress cycle?
- What can you do, what can we do and what can the school do to improve your wellbeing?
- If I had to change one thing to improve my wellbeing in this moment, what would it be?
- What have I learnt or what will I take forward?



7 evidence-based strategies for completing the stress cycle

1. Physical activity

20-60
minutes
most days



2. Breathing



3. Positive social interaction



4. Laughter



5. Affection



6. Crying

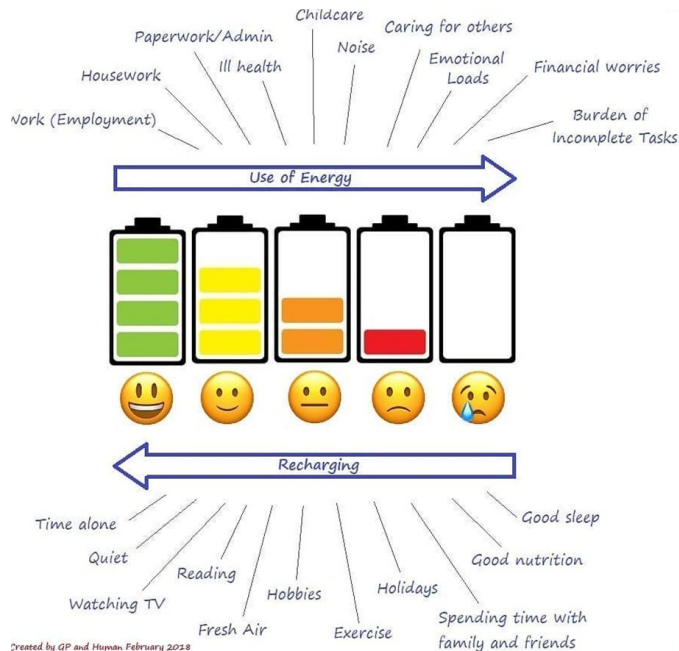


7. Creative expression

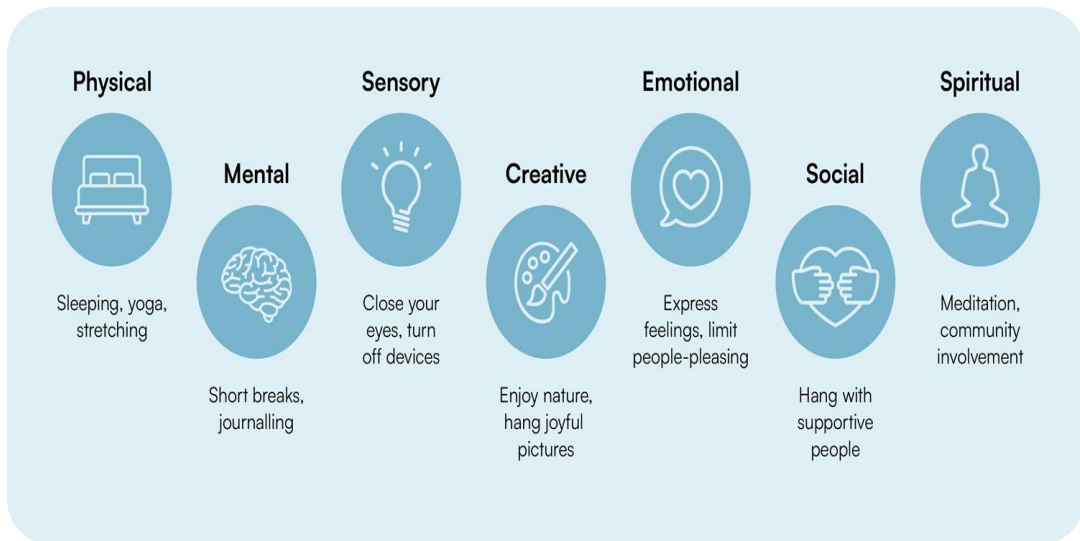


Encourage rest

Managing personal energy



7 types of rest



Create life-work balance

Creating your Wheel of Life

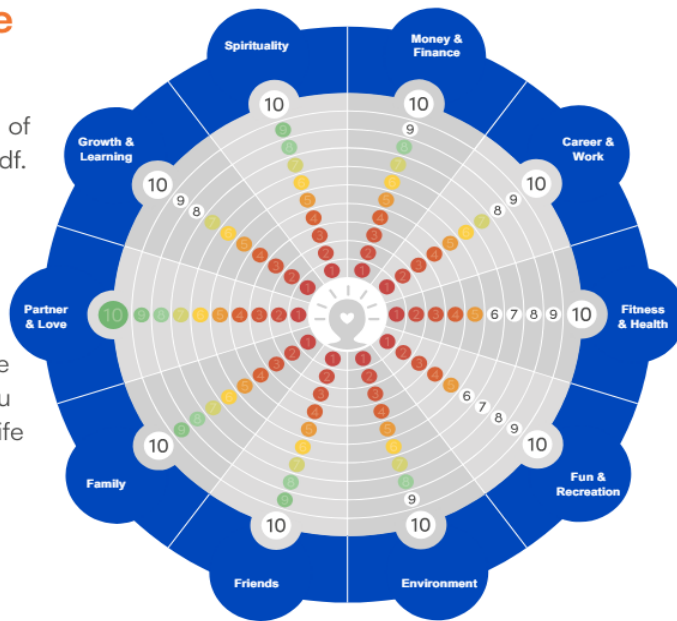
Select the domains that have relevance to you.
Rate your level of satisfaction from 1-10 in each of the domains using the template wheel in this pdf.

A score of 1 = You are not satisfied at all

A score of 10 = You are highly satisfied

After you've rated each of the domains, colour in the circles for each segment that leads to the centre to form an inner wheel. This will give you an overview of the level of satisfaction in your life right now.

Now give each domain a number to indicate its importance or priority. E.g. rank all domains from 1 onwards where 1 is the domain that is most important to you. Sometimes people have 2 domains that are of equal importance.



Example of a Wheel of Life

*The concept was originally created by Paul J. Meyer,
founder of Success Motivation® Institute, Inc.*

Find moments of re-charge: Wellbeing window



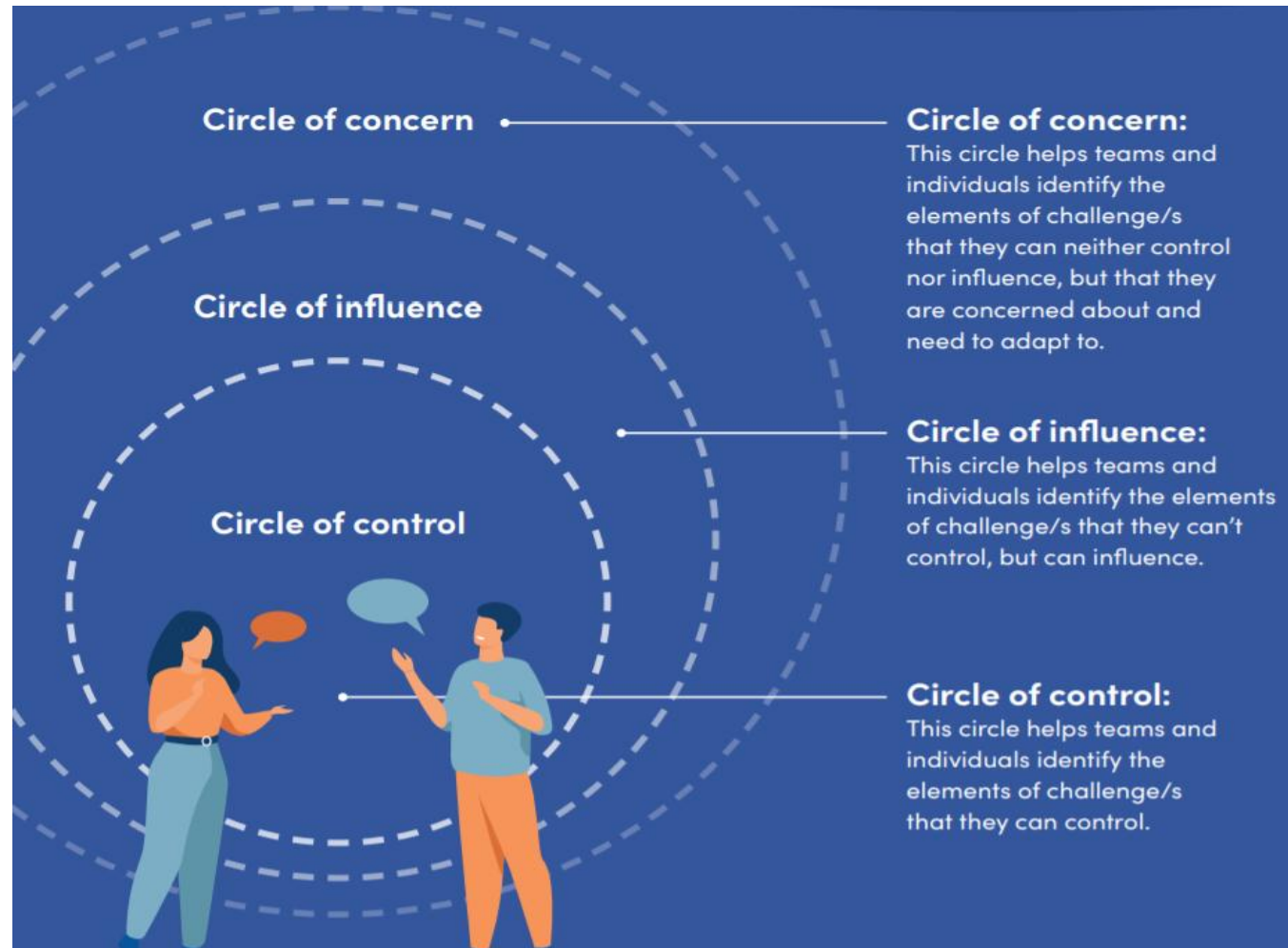
This could be 30 seconds, 3 minutes or 30 minutes slot each day to do something for yourself

What works for you— breathing, reading, movement, call a friend, be present in nature, a bath, gratitude

<https://wellbeingandcoping.net/>

Your Wellbeing Window using 30-3-30	
30 seconds (e.g. close your eyes, deep breathing)	1. 2. 3.
3 minutes (e.g. write a worry list)	1. 2. 3.
30 minutes (e.g. get fresh air and be in nature)	1. 2. 3.

What's in your control?

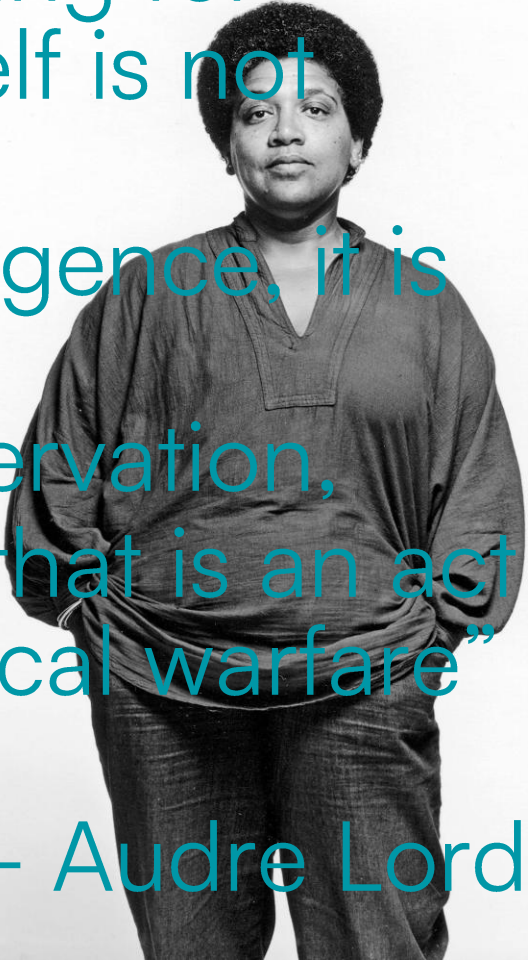


Gain perspective — reconnecting with your purpose



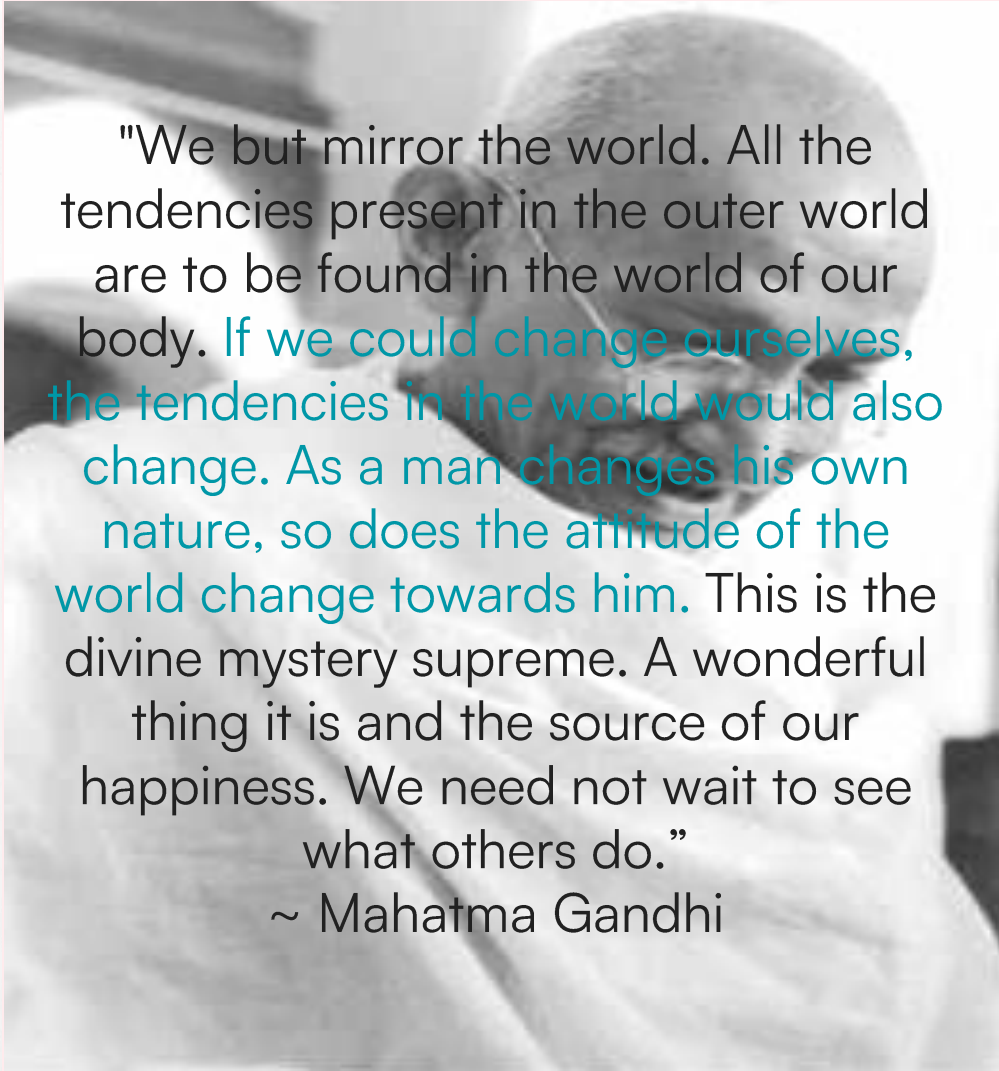
1. What inspired you to enter education?
2. What makes a day in school joyful?
3. Who was your favourite teacher or member of education staff as a child?
4. Think about the last time you really connected with a pupil or colleague at work? What encouraged that connection?
5. Can you remember the first time you helped a child have that 'lightbulb' moment or overcome a particular challenge?
6. What makes you feel valued at work?
7. What do you enjoy most about your role?





“Caring for
myself is not
self-
indulgence, it is
self-
preservation,
and that is an act of
political warfare”

- Audre Lorde



"We but mirror the world. All the
tendencies present in the outer world
are to be found in the world of our
body. If we could change ourselves,
the tendencies in the world would also
change. As a man changes his own
nature, so does the attitude of the
world change towards him. This is the
divine mystery supreme. A wonderful
thing it is and the source of our
happiness. We need not wait to see
what others do."

~ Mahatma Gandhi

Reflection

What comes to mind as you take in the information in this session?

What's useful for you to take from this today?



Helpline 08000 562 561

- Free and confidential
- Open 24/7
- Staffed by qualified counsellors

“The helpline counsellor gave me permission to feel what I was feeling. Get in touch as soon as you feel things aren’t right. The call really helped me.”



The poster features the Education Support logo at the top. Below it, the text 'Need to talk? You're not alone.' is displayed, with 'alone' underlined. The central illustration shows a woman on a blue smartphone screen holding an orange umbrella over a man on a red smartphone screen, who is looking distressed. The background is light blue with a grey cloud and rain. The bottom section is orange and contains the text 'Call us. We'll listen.', the phone number '08000 562 561', the website 'educationsupport.org.uk/helpline', and the statement 'Free and confidential emotional support for teachers and education staff'. The Education Support logo is repeated in the bottom right corner.

Education Support

Need to talk?
You're not alone.

Call us. We'll listen.
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educationsupport.org.uk/helpline

Free and confidential emotional support for teachers and education staff

Education Support

There's more...

Our website has a wealth of free resources, all the latest news as well as wellbeing events you are welcome to join.

Sign up for our newsletter!

educationsupport.org.uk/subscribe



The screenshot shows the 'Resources for individuals' page. At the top, the title 'Resources for individuals' is displayed. Below it, there are several category buttons: 'Working life', 'Anxiety', 'Stress', 'Depression', 'Burnout', 'Finances', 'Grief or bereavement', 'Personal life', and 'Self-care'. A navigation bar below these buttons shows 'All', 'Guides', 'Videos', and 'Articles'. The main content area features a large 'Self-care summer' banner with the Education Support and Anna Freud logos. To the right of the banner is a featured guide titled 'Self-care summer: top tips for education staff' with a '2 min read' indicator. Below the banner, there is a grid of resource cards. The first row includes a video 'Switching off over summer: how to rest and recharge' (58 mins), an article 'Teacher burnout and how to avoid it' (7.5 mins), a guide 'The building blocks of good mental wellbeing' (12 mins), and a video 'Teaching in 2023: how to manage the emotional impact' (58 mins). The second row includes an article 'Managing anxiety part 1: get your body and mind working together' (5 mins), an article 'Getting a good night's sleep' (2 mins), and a large blue box titled 'Stress-busting tips: how to stay calm and in control' which contains 'Practical advice and support on managing stress for teachers and education staff.'