

Presentation



Staff wellbeing & self-care

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Introduction and Warm up Activity

Being proud

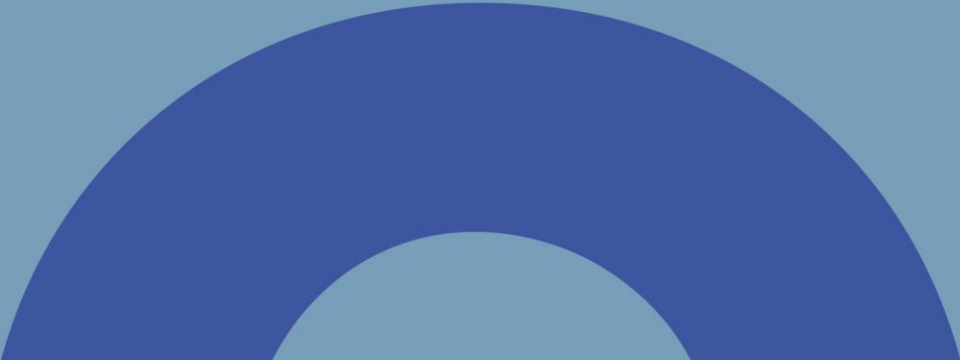
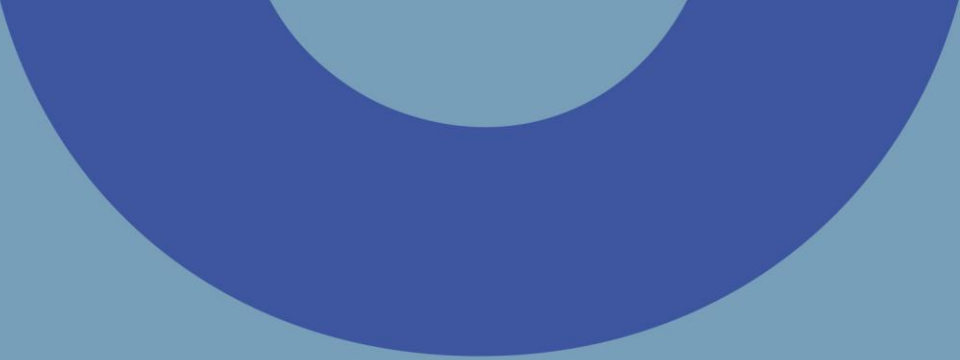
What are you proud of
during past 12 months?

School or home example



A blurred classroom scene with a desk in the foreground. On the desk, there is a black pencil holder containing various school supplies: a pair of scissors with red handles, several colored pencils, and two purple markers. A ruler is also visible on the left side of the desk. In the background, several students in blue uniforms are seated at their desks, and a computer monitor is visible on a stand. The text is overlaid on the right side of the image.

“Caring for myself is
not self-indulgent, it
is self-preservation”
Audre Lorde



Supporting Wellbeing

Definitions and Models

What do we mean by wellbeing?

Wellbeing: A state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity.

WHO, 2012

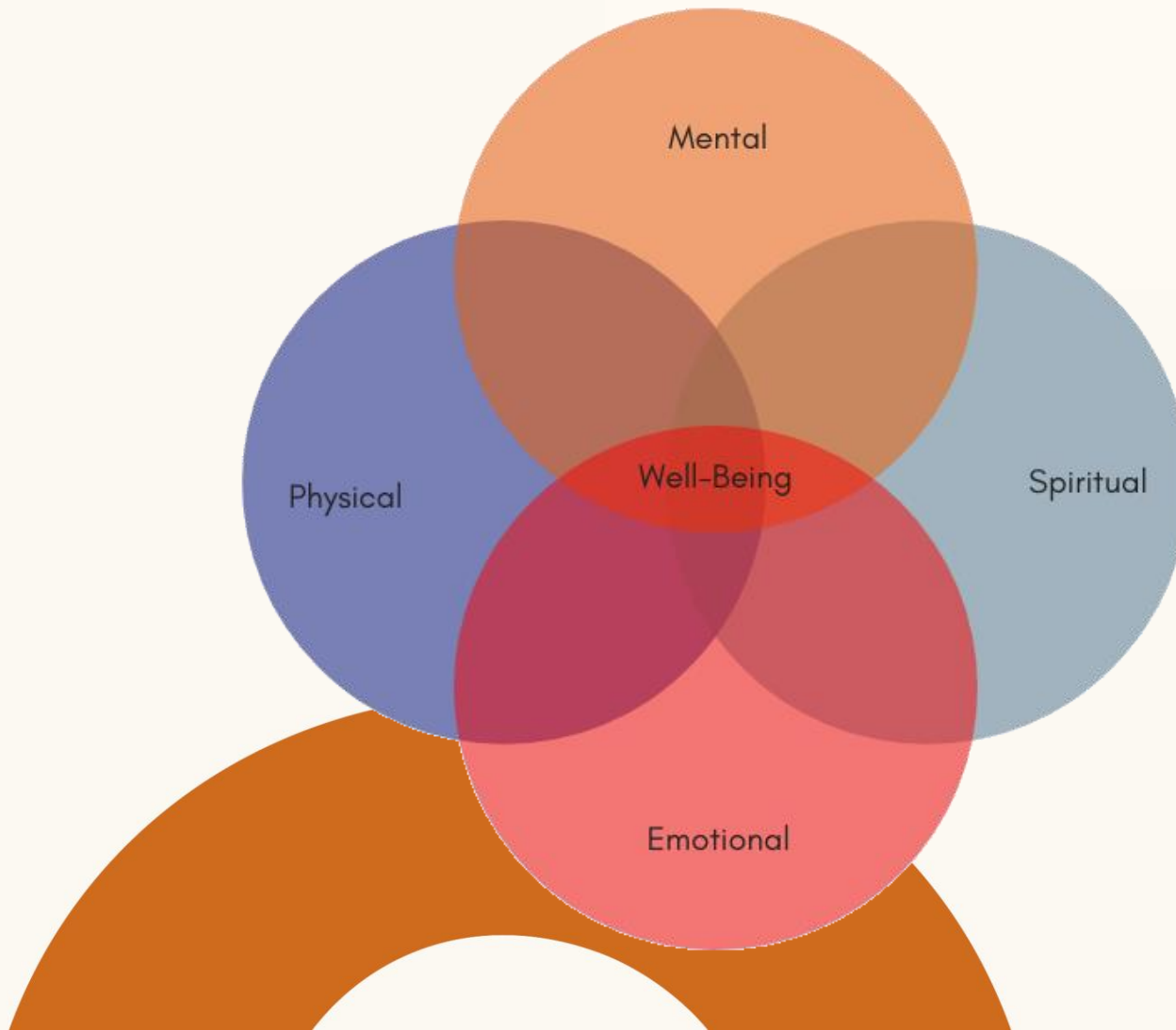


What do we mean by self-care?

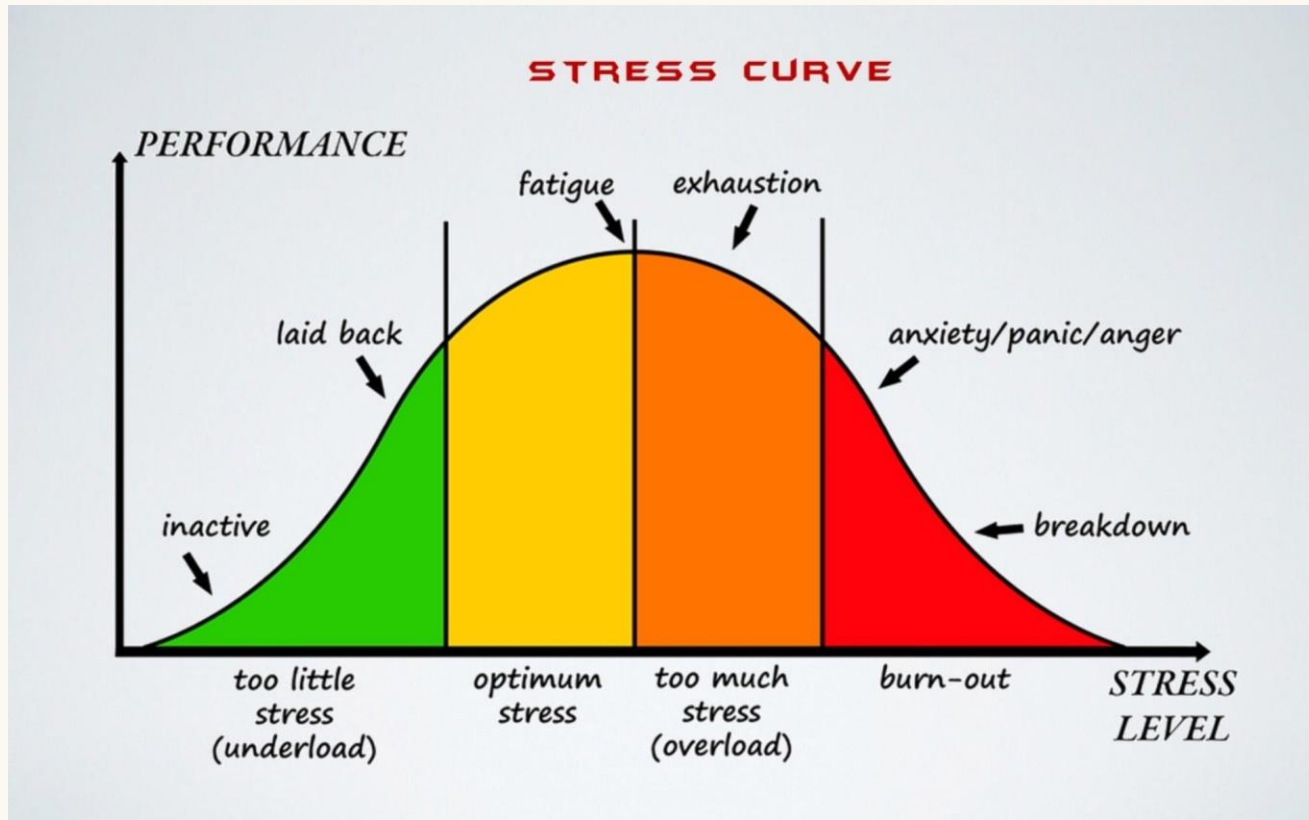
The practice of taking an active role in protecting one's own well-being and happiness, in particular during periods of stress.



What supports my well-being?



When is my well-being at risk?



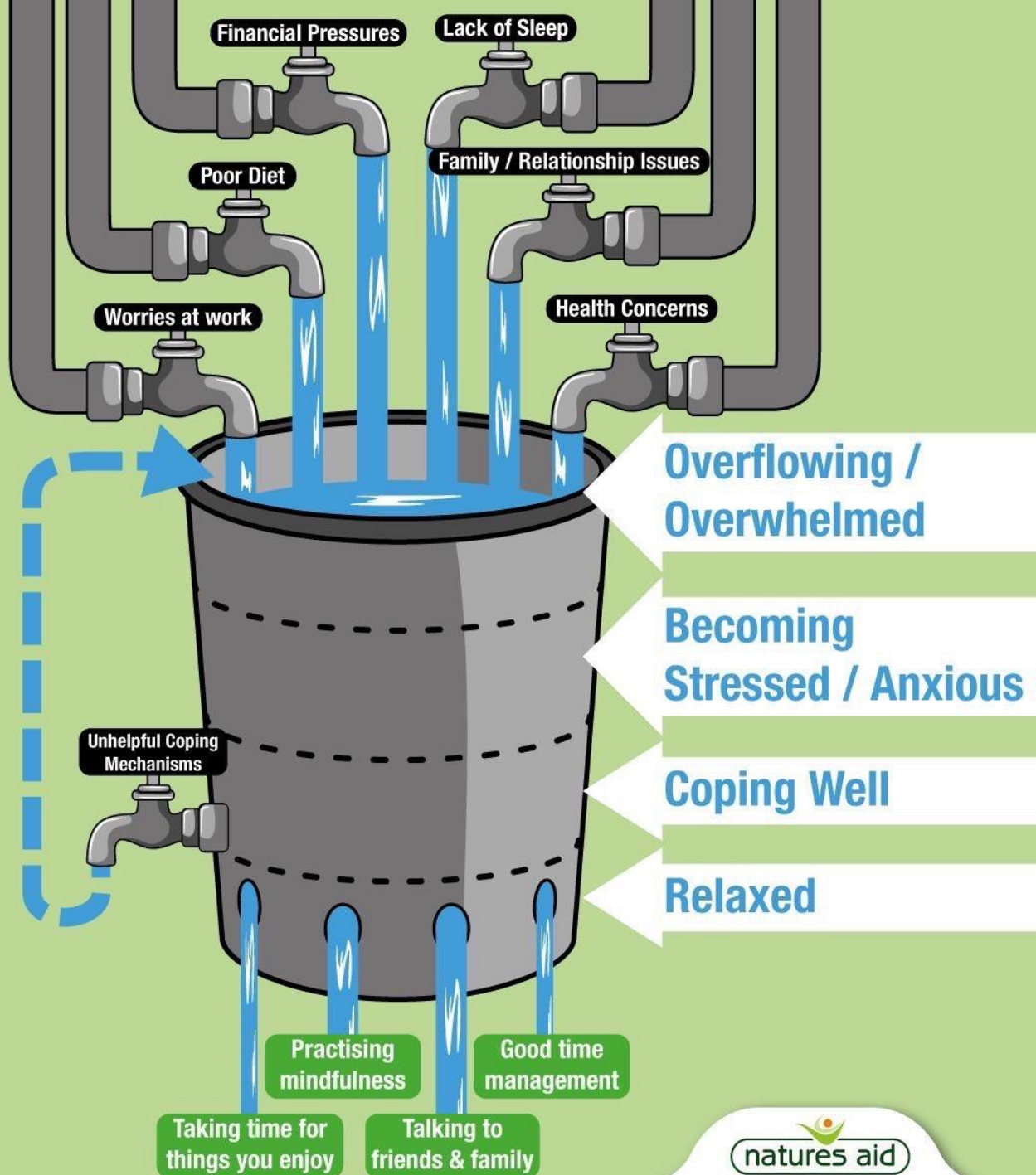


Supporting Wellbeing

Tools and strategies

Stress Bucket

The Stress Bucket



Stress indicators

Signs of stress for you –
headaches, tension, sleep,
concentration

Unhelpful actions

Eat poorly, less active,
snappy

Helpful actions

Talk with
manager/friend/colleague,
walk/run, nature,
a good book, bath



What is helpful or unhelpful for me?



5 ways to Wellbeing



Daily actions to help you feel better and cope more easily with daily challenges.

Take breaks and protect your time



Conscious gear switching

“Being
switched
on all of the
time is
exhausting”



Make
time to
breathe &
practice
daily
stillness

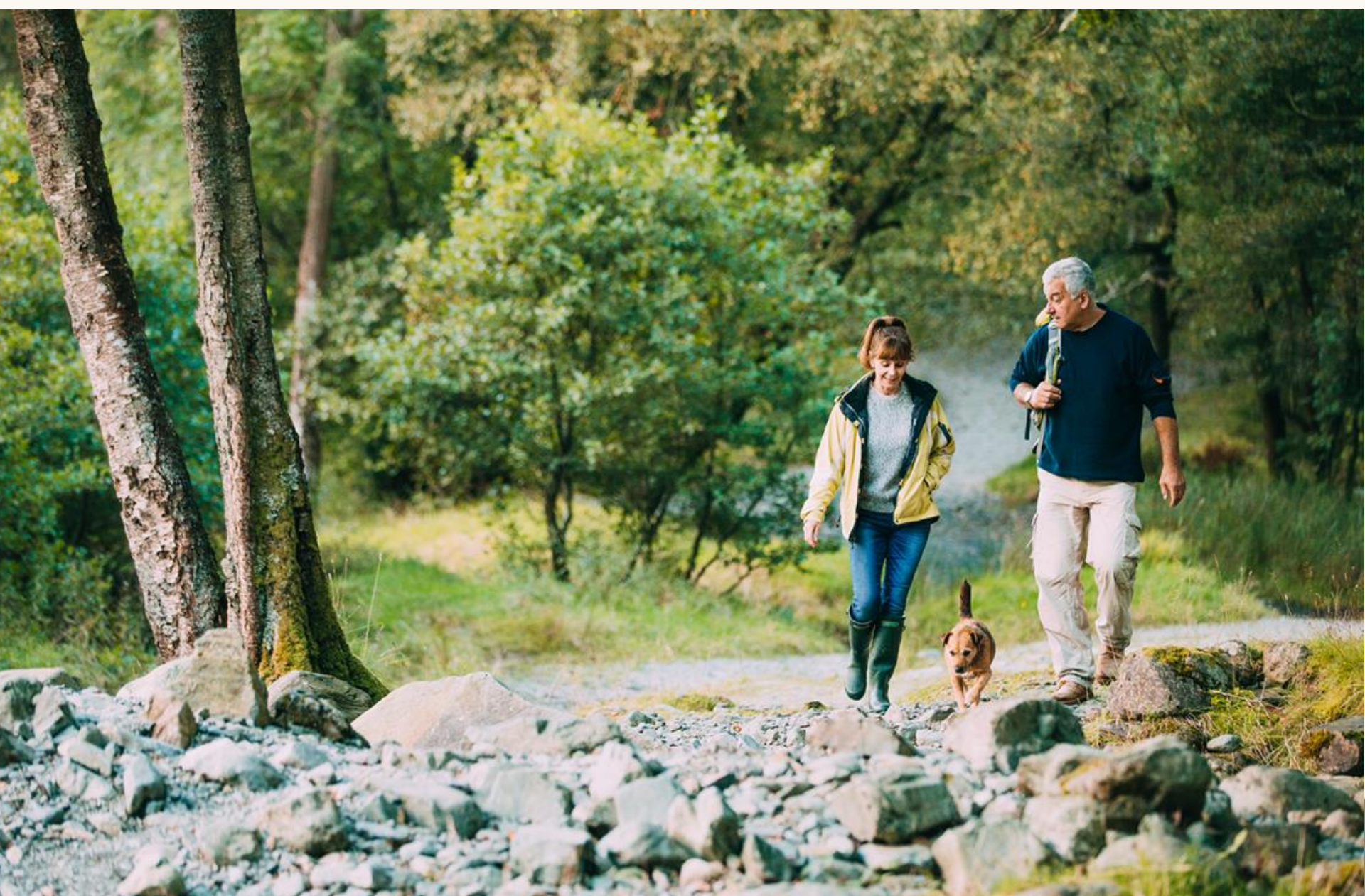




Space to breath...



The power of nature

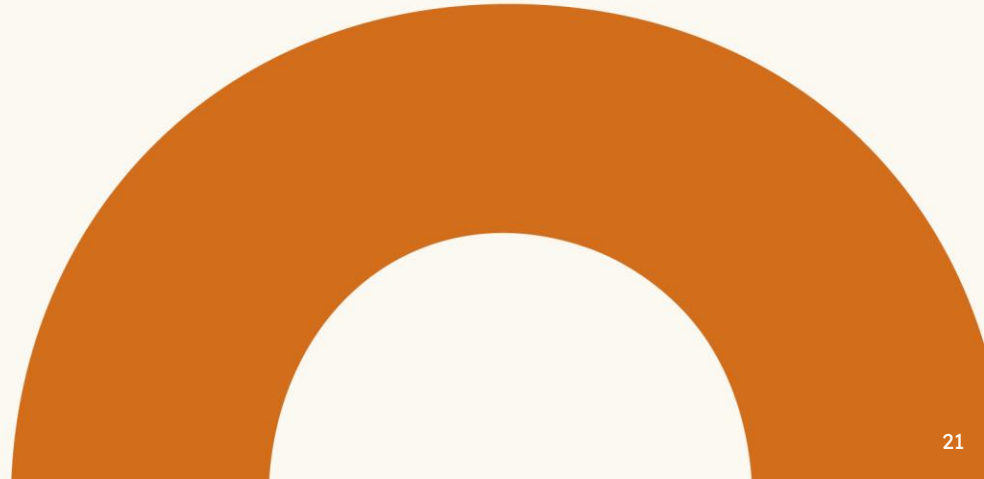


Mental Health Hygiene: practices to boost resilience.

- Recognise & accept that a wide range of responses is 'normal'
- Nutrition and hydration
- Moderate sugar & alcohol
- Good sleep habits
- Moderate social media consumption
- Gratitude
- Be creative
- Talk about feelings
- Accept uncertainty



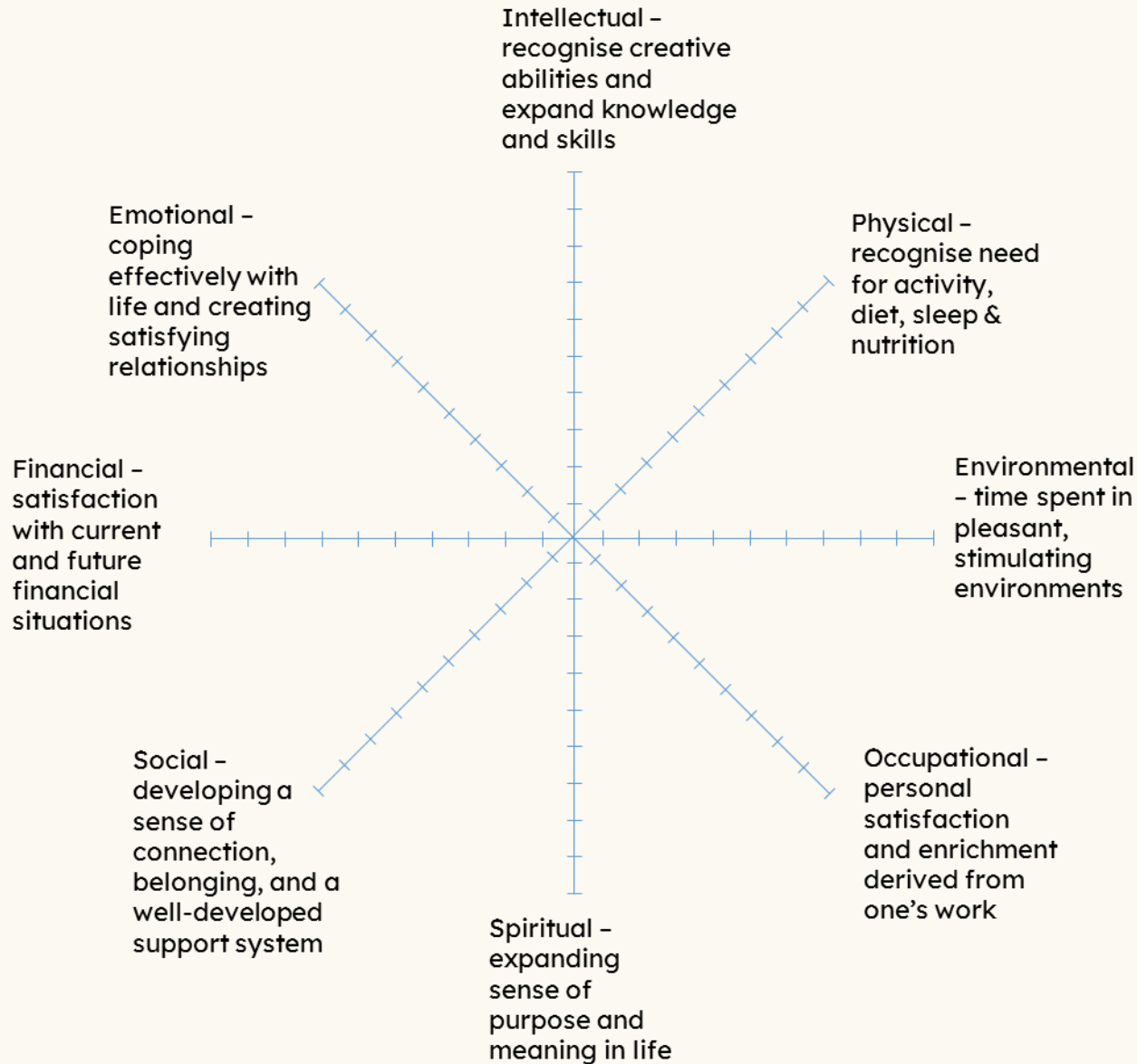
What am I wellbeing non-negotiables?



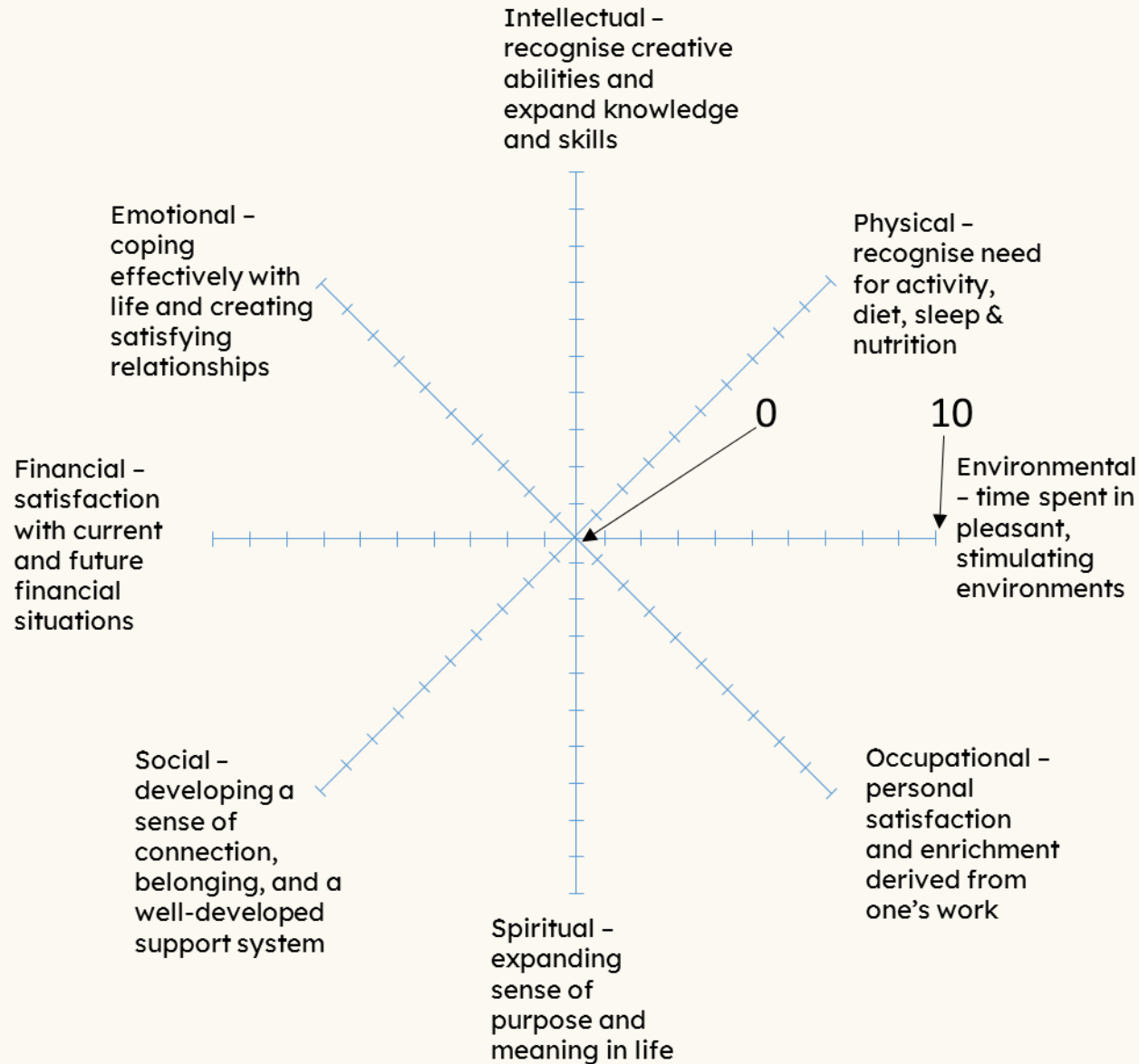


Survey my
wellbeing
How am I doing?

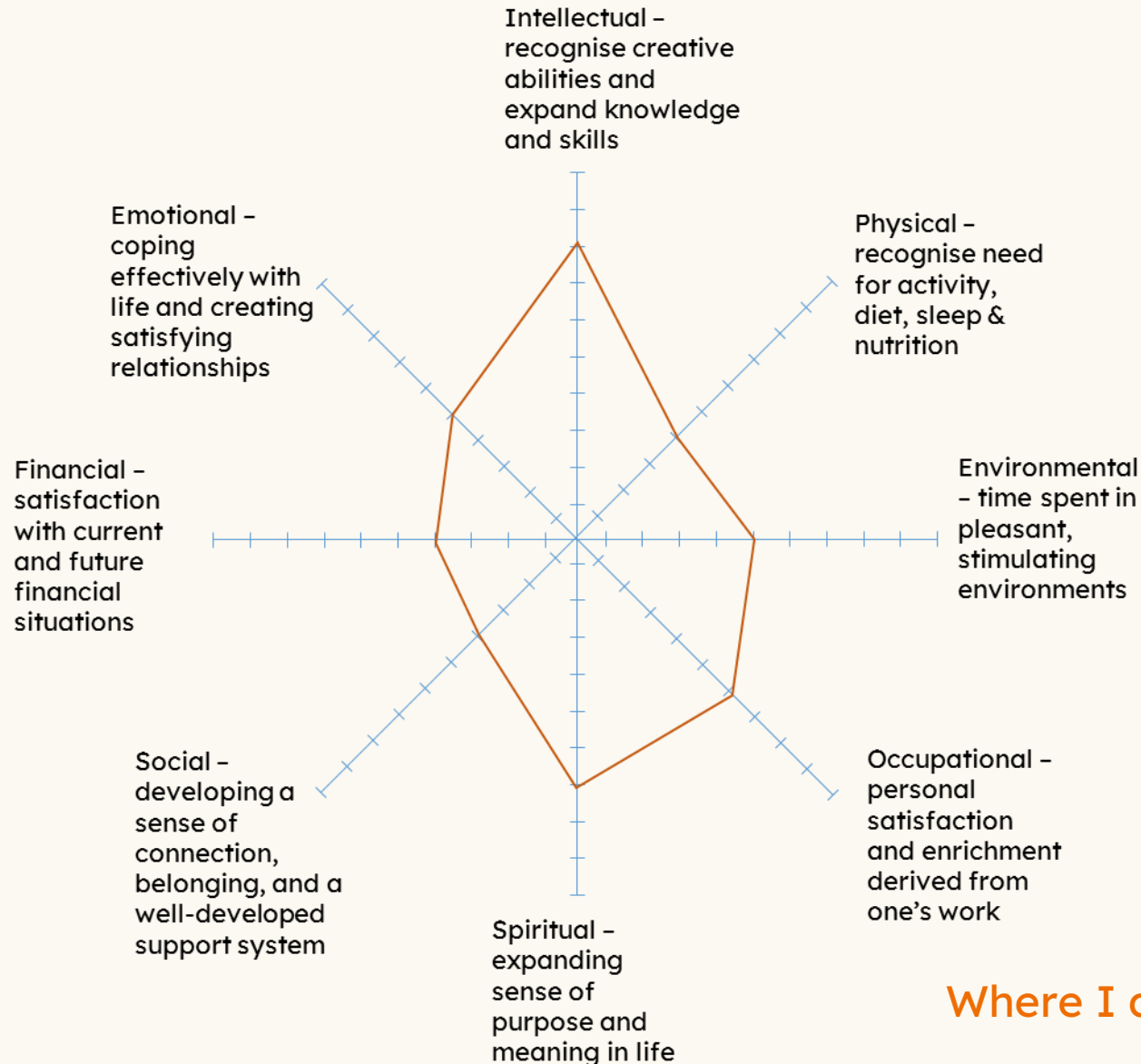
Wellbeing ready reckoner



Wellbeing ready reckoner



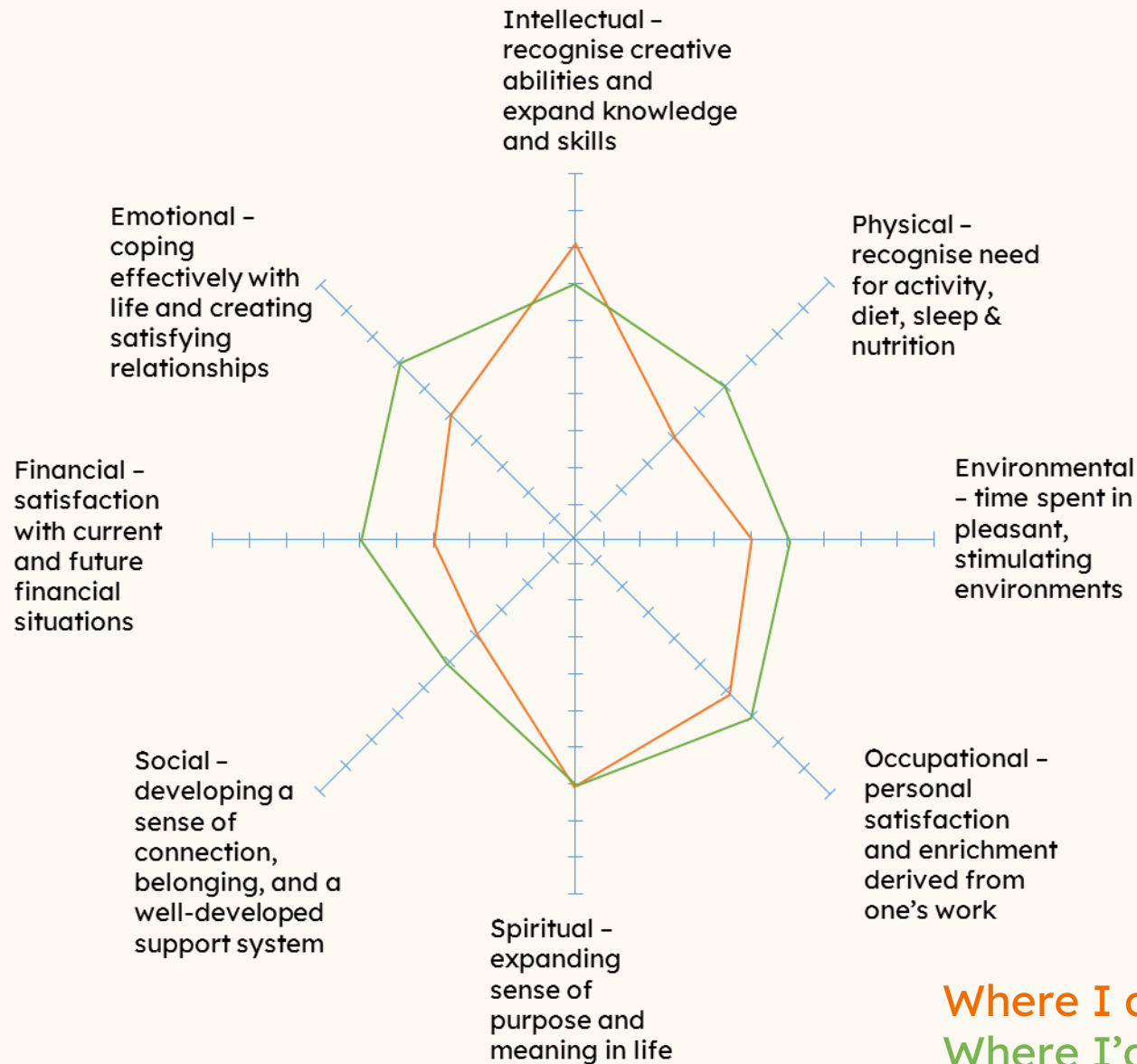
Wellbeing ready reckoner



Where I am now



Wellbeing ready reckoner



Where I am now
Where I'd like to be in 3 months

Going home check list

Going home checklist

- ☐ Take a moment to think about today.
- ☐ Acknowledge three things that were difficult. Let them go.
- ☐ Consider three things that went well.
- ☐ Choose an action that signals the end of your shift.
- ☐ Now switch your attention to home.
- ☐ How will you rest and recharge?



Challenge for you this year



1. List your wellbeing non-negotiables
2. Write down 1 achievement each week
3. 3 good things today (gratitude)



Tools catalogue

[Mental Health Helplines – national helplines](#)

[Taking care of teachers hub](#)

[Education Support website – information, tools, resources](#)

[30-3-30 Approach – bank wellbeing tips](#)

[5 ways to wellbeing](#)

[Breathing techniques](#)

[Creating a wheel of life](#)

[Mind Going Home checklist](#)



References

WHO – Wellbeing definition

https://www.hsl.gov.uk/media/202146/5_kim_who.pdf

The Energy Project – energy supporting wellbeing

<https://theenergyproject.com/>

5 ways to wellbeing NHS

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

STOPP technique

<https://www.getselfhelp.co.uk/docs/STOPP.pdf>

Dr Chatterjee - Breathing

<https://drchatterjee.com/5-breathing-techniques-help-reduce-stress/>

Kaplan and Kaplan – Experience of nature

<https://psycnet.apa.org/record/1989-98477-000>

The Stress Solution

<https://drchatterjee.com/the-stress-solution/>

Wellbeing ready reckoner

Adapted from Eight Dimensions of Wellness, BU Centre for Psychiatric Rehabilitation, Boston University. Retrieved from: <https://cpr.bu.edu/living-well/eight-dimensions-of-wellness/>

Education Support

Helpline 08000 562 561

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Access to grants, information, resources

www.educationsupport.org.uk

Evaluation Survey