

LEARN LOCAL

BYTES

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EDUCATOR WELLBEING WEBINAR

Self-care and self-help for Learn Local
▶ educators.

Looking after your mental wellbeing during
the COVID-19 pandemic.

PREVENTION UNITED

Joining forces to prevent mental health conditions

Learning objectives

- ▶ Gain an understanding of the Mental Health Continuum
- ▶ Learn ways to promote and protect your mental health and wellbeing
- ▶ Learn how to recognise and respond to mental health issues and conditions

Why is educator mental wellbeing important?

- ▶ People who experience high levels of mental health and wellbeing have better study, work, relationship and health outcomes and live longer.
- ▶ Educator wellbeing is good for you, but it's also good for your students

What is mental wellbeing?

What is mental health and wellbeing?

- ▶ Mental wellbeing is a multi-dimensional concept.
- ▶ It's about how we feel emotionally and how we function psychologically and socially
- ▶ It exists on a continuum

The mental health continuum



Mental health condition

High mental wellbeing

The mental health continuum

- ▶ Everyone has a level of ‘mental health and wellbeing’
- ▶ It is not fixed, and varies according to various biological, psychological and social risk and protective factors
- ▶ We need to aim to stay in the ‘green’ zone and away from the ‘red’ zone as much as we can through
 - ▶ Individual self-care
 - ▶ Organisational/social changes

Poll question

- ▶ Where are you on the mental health continuum right now?
 - ▶ I'm flourishing (green)
 - ▶ I'm stressed but doing OK (amber)
 - ▶ I'm starting to struggle to cope (red)

What is self care?

DEALING WITH STRESS



The mental health continuum

- ▶ It's just as important to look after our mental health as our physical health
- ▶ There are everyday steps we can take to promote and protect our mental health
- ▶ These are often referred to as self-care strategies

Self-care

- ▶ Healthy behaviours
- ▶ Relaxation
- ▶ Managing our feelings
- ▶ Fostering a helpful mindset
- ▶ Social support

Healthy behaviours



- ▶ Stay physically active
- ▶ Maintain a good quality diet
- ▶ Get a good night's sleep
- ▶ Reduce or avoid alcohol and other drugs
- ▶ Have fun - schedule-in downtime to enjoy pleasant and relaxing activities



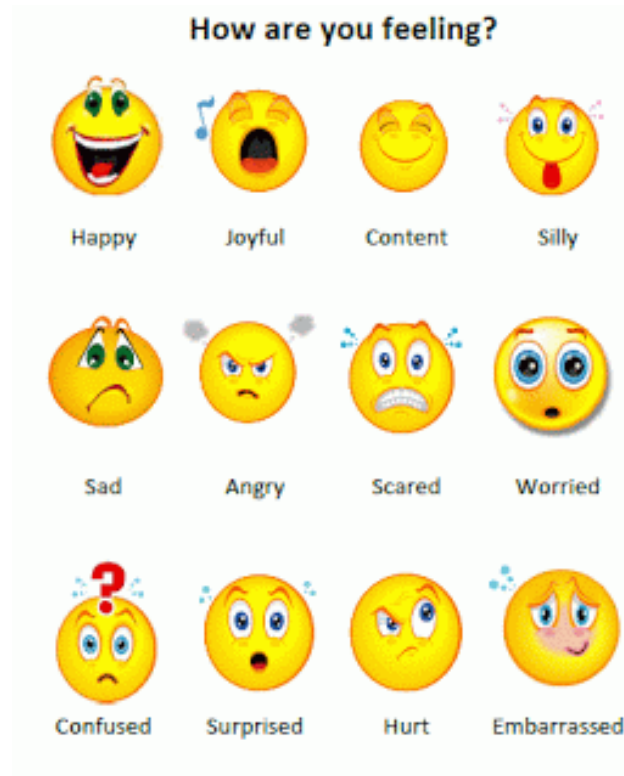
Relaxation

- ▶ Clear your mind and focus on the here and now, rather than the past or future, through mindfulness meditation
- ▶ Relax your body, through deep breathing exercises, progressive muscle relaxation, yoga, Pilates, body balance or anything that reduces tension for you
- ▶ Connect with nature, listen to music, read a good book
- ▶ It's about slowing down to dial down our flight or fight centre and stress hormones



Managing our feelings

- ▶ Worry, sadness and anger can be very normal reactions to stress and will generally pass
- ▶ Check-in with how you're feeling - self-awareness and self-reflection are important
- ▶ Acknowledge your feelings and don't bottle things up - talk to people you trust
- ▶ Be aware of how you relate to yourself and others - self-criticism is damaging, while self-compassion can boost your mood



Fostering a helpful mindset

- ▶ What we think has a strong influence on how we feel
- ▶ Sometimes our thoughts are misleading.
- ▶ Assess the facts, maintain perspective and avoid negative bias, challenge negative self-talk
- ▶ Maintain a growth mindset - life's about trial, error and improvement - you'll get there
- ▶ Sometimes we just need to accept things and move forward - things are bad now, but they will get better
- ▶ Focus on the big picture of what's important to you, not just what's happening here and now
- ▶ Be part realist and part optimist!



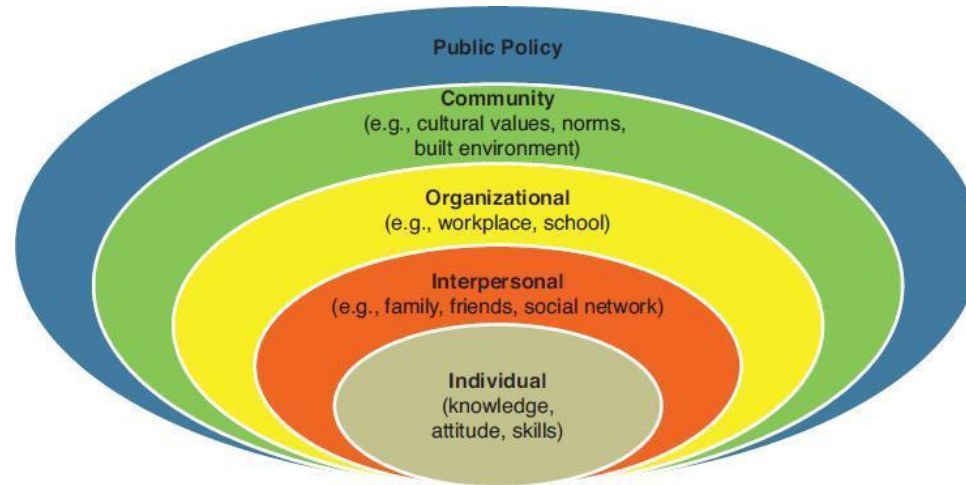
Social support

- ▶ A sense of loneliness and lack of belonging can harm our mental health and wellbeing
- ▶ Invest time and energy to grow, deepen and maintain your relationships and social network
- ▶ Connect regularly with friends and family even if it's just through virtual means
- ▶ Enjoy each other's company and have fun together
- ▶ Be part of something bigger than yourself - people who volunteer, are involved in group activities or in spiritual pursuits tend to be happier than people who don't



Social change

- ▶ Our home, work and community environments all have an influence on our mental health and wellbeing
- ▶ Some things that impact our mental health are out of our direct control
- ▶ Job stress, bullying, racism, discrimination, financial stress, unemployment, family violence, homelessness
- ▶ We therefore also need collective action to address these 'big picture' factors through prevention programs and healthy public policies



Try these suggested activities to connect with others, have a bit of fun, and look after your mental health during October! #Lookafteryourmentalhealthaustralia

MON			TUE			WED		
<p>05 Aim to be in bed at an early hour – challenge yourself to do this for the rest of the week</p>			<p>06 Hand write some cards and send them to people you care about</p>			<p>07 Call a friend or family member</p>		
<p>12 Drop a note into your neighbour's letterbox, letting them know you're around if they need anything</p>			<p>13 Try a new exercise like yoga, running or HIIT – challenge yourself to do it three times this month</p>			<p>14 Put on your favourite song and sing along loudly – dance around!</p>		
<p>19 Watch your favourite movie</p>			<p>20 Clean up your bedroom, light some candles and read some of your book</p>			<p>21 Invite a friend over for a meal/video chat with them over a meal</p>		
<p>26 Get dressed in your favourite outfit</p>			<p>27 Sit outside for a little bit and soak up the sun</p>			<p>28 Watch an episode of your favourite TV show – recommend the show to a friend</p>		
<p>01 Pick a fun book and read it throughout the month</p>			<p>02 Send a kind message to a friend or family member (challenge yourself to send one message a day!)</p>			<p>03 Bake something you've never tried to before</p>		
<p>08 Cook your favourite meal for dinner</p>			<p>09 Wear some odd socks and post a photo of them on social media #OSD2020</p>			<p>10 WORLD MENTAL HEALTH DAY Make a promise to look after your mental health</p>		
<p>15 Donate some clothes and/or items from around your house that could benefit others</p>			<p>16 Take a photo of something beautiful and send it to a friend with a kind message</p>			<p>17 Video chat a friend or family member, or have a cup of tea in person if you can</p>		
<p>22 Make an effort to compliment/thank the people you interact with</p>			<p>23 Leave a positive review for a local restaurant/shop or somewhere you frequent in your area</p>			<p>24 Do something creative, like drawing, colouring or writing a story – just for you!</p>		
<p>29 Think of three people you are thankful for – then tell them!</p>			<p>30 Write down 5 things you are grateful for... then 5 more... then 5 more!</p>			<p>31 Make a list of the things you enjoyed doing this month – and do them again</p>		
<p>11 Take a break from social media and the news – challenge yourself to go the whole day</p>			<p>18 Go for a long walk and listen to a podcast you like, or try a new one</p>			<p>25 Call a trusted friend and tell them how you've been going, and invite them to do the same</p>		

Getting help for mental health conditions

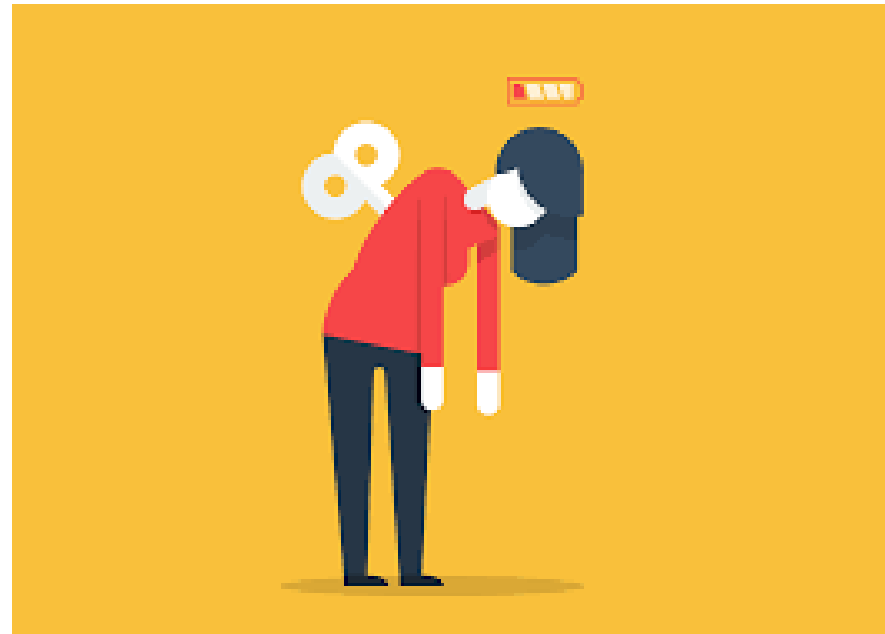
Indicators of mental health conditions

- ▶ It is common to experience mental health issues
- ▶ Can vary from mild stress, psychological distress, through to a severe mental health condition
- ▶ Signs and symptoms vary but typically involve a change in the way people feel, function, and relate to others



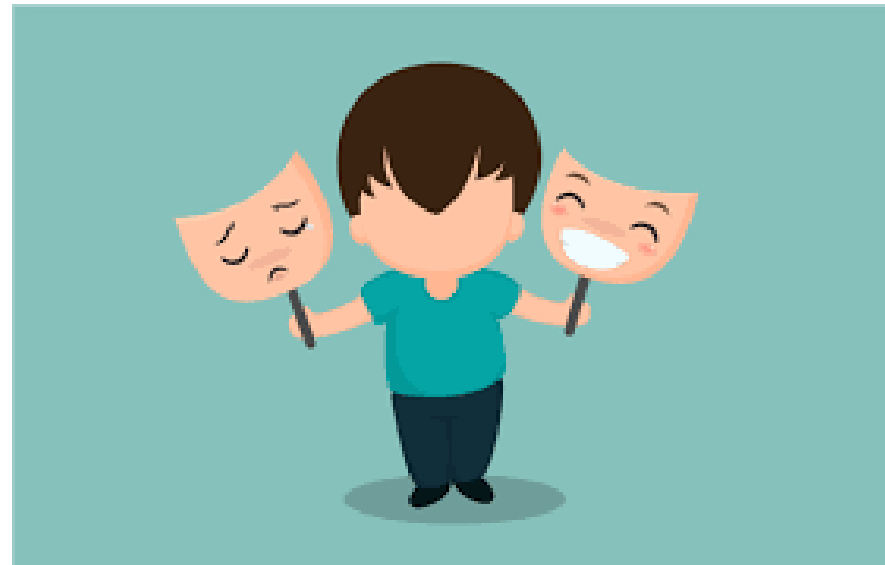
Physical changes

- ▶ Trouble sleeping (hard to fall asleep, or hard to get back to sleep)
- ▶ Lacking energy and feeling fatigued
- ▶ Feeling tense, restless, fidgety
- ▶ Change in appetite (low appetite or binge eating/comfort eating)
- ▶ Aches and pains (e.g. headaches, tummy aches) and becoming unwell more often



Emotional changes

- ▶ Intense and/or persistent emptiness, sadness, or depression
- ▶ Loss of interest or pleasure in the things you used to enjoy
- ▶ Intense and/or persistent worry, anxiety, fear, panic
- ▶ Intense and/or persistent moodiness, irritability, frustration, anger



Thought changes

- ▶ Unable to focus, concentrate, or remember things
- ▶ Pessimistic, overly critical, negative thinking about yourself, your life, or your future
- ▶ Constantly worried, distracted and preoccupied
- ▶ Catastrophising and thinking about all the bad things that can happen
- ▶ Having too much going on in your head and finding it hard to 'switch-off'
- ▶ Thinking that life is not worth living



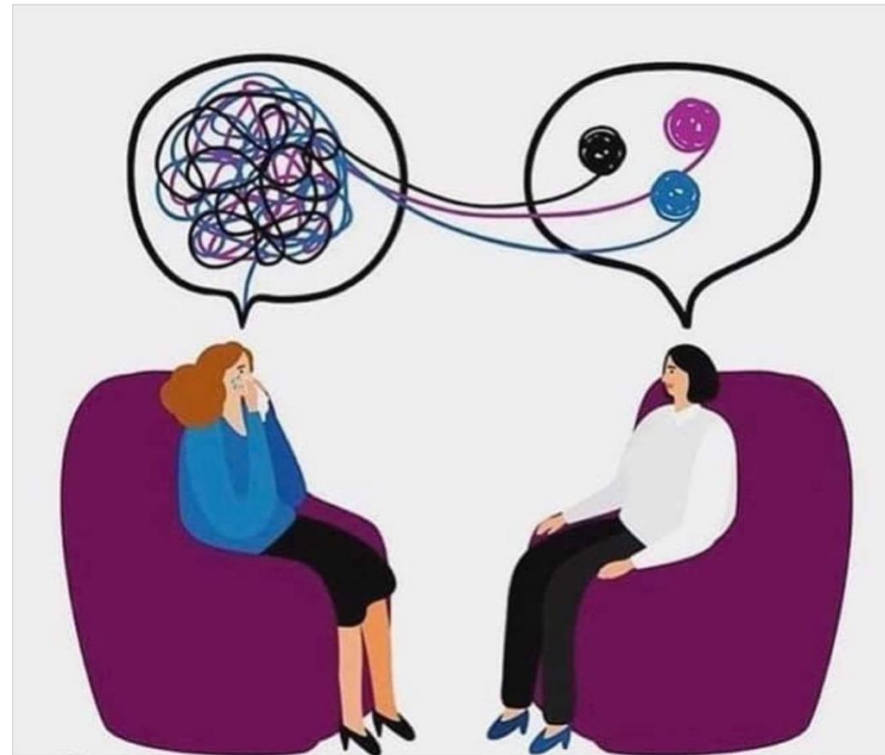
Behaviour changes

- ▶ Loss of drive, motivation, doing less,
- ▶ Getting grumpy, yelling, having frequent arguments with others
- ▶ Becoming socially withdrawn and distant
- ▶ Not being able to get things done well or on time (drop in productivity and/or performance)
- ▶ Drinking to cope
- ▶ Taking drugs to escape or feel better
- ▶ Self-harm



Seeking help

- ▶ It's Ok to not feel Ok
- ▶ Don't bottle things up, talk to people you trust about your concerns
- ▶ Don't wait until rock-bottom or a crisis to seek advice.
- ▶ Support and assistance is available if you need it



Seeking help

- ▶ Websites (info resources, DIY programs)
- ▶ Telephone help-lines
- ▶ Email and chat support
- ▶ Group forums
- ▶ Mental health professionals
 - ▶ Telehealth counselling sessions available through Medicare

#GettingThroughThisTogether

Tips for your mental health and wellbeing during COVID-19



Beyond Blue Coronavirus Mental Wellbeing Support Service **1800 512 348**
Lifeline **13 11 14** | headspace **1800 650 890** | Kids Helpline **1800 55 1800**

Free financial counselling, Monday – Friday National Debt Helpline **1800 007 007**
National Alcohol and Other Drugs hotline **1800 250 015** | 1800RESPECT **1800 737 732**



Australian Government
National Mental Health Commission

Head to Health

Do you need mental health
info or support?



headtohealth.gov.au

We're here to provide support for your mental wellbeing.

Struggling to cope during the pandemic?
Our trained counsellors are available 24/7.

Give them a call on **1800 512 348**



Hello Neighbour!

Through
COVID-19,
we're here
for you.

13 11 14
© Lifeline



Resources

- ▶ [Work safe Work well Toolkit](#)
- ▶ [Healthy Mind tool for people with a disability](#)
- ▶ [Women with a disability that have experienced family violence](#)