



**headspace**

National Youth Mental Health Foundation

[headspace.org.au](http://headspace.org.au)

# Your self-care, tips from headspace

Jacqui & Matt  
Trust us....we are  
psychologists!



# *teacher self-care*

## TIP #1



Quit teaching!!!!

# Mental health and school success



**The mental health of students affects all aspects of the school community – from student engagement and academic achievement, to social adjustment and staff morale. Schools that promote a positive environment perform better, attract and retain more students and build a strong reputation in the community. The mental health of all students is a key foundation for school success.**

# What about you? Yes, you....



- Today is about you and your self-care
- We all have one thing in common...?
- Coping mechanisms are surprisingly the same...psychologists top 3...
  1. Substance abuse
  2. Isolation
  3. Sexual indiscretion

**What is yours....no need to discuss this with the person next to you!!!!**

# What are the symptoms?



Think of the impacts emotionally, behaviourally, physiologically, spiritually, and cognitively

Emotional	Behavioural	Physical/ physiological	Spiritual <sup>[13]</sup>	Cognitive
Prolonged grief	Isolation	Headaches	Changed relationship with meaning and hope	Cynicism
Prolonged anxiety	Avoidance	Hives or rashes	Lack of sense of purpose	Becoming judgmental of others
Prolonged sadness	Numbing	Heartburn	Decreased sense of agency	Negativity
Irritability	Staying at work longer	Migraines	Reduced sense of connection to others	Thinking about clients' traumas when at home/not at work
Labile mood	Not being able to separate work from personal life	Stomach ulcers	Challenged to maintain a sense of self as viable, worth loving, deserving	Difficulty thinking clearly, concentrating, and remembering things
Depression	Increased alcohol consumption	Tics		Difficulty making day-to-day decisions
Agitation/anger	Undertaking risky behaviours	Anxiety		
Changed sense of humour	Avoiding people or duties	Hot Sweats		
Tuning out	Difficulty sleeping			
Feeling less safe in the world	Changed eating habits			



**'When all the pieces come together, not only does your work move toward greatness, but so does your life. For, in the end, it is impossible to have a great life unless it is a meaningful life. And it is very difficult to have meaningful life without meaningful work.**

**Perhaps, then, you might gain that rare tranquillity that comes from knowing that you've had a hand in creating something of intrinsic excellence that makes a contribution. Indeed, you might even gain that deepest of all satisfactions, knowing that your short time here on this earth has been well spent, and that it mattered.'**

- Jim Collins, Good to Great**

# ACTIVITY: THE STRESS BUCKET!





# Sources of chronic stress in human services organisations



- Excessive paperwork
- Increasing demands for productivity that ignore the student/parent's demands for time and empathic regard
- Recruitment / Selection challenges
  - competition for workers
  - undereducated workers
- Inadequate time for supervision, case consultation, and collaboration
- Ethical conflicts that result from the needs of students as they conflict with the requirements of a managed environment
- Adapting to new technology

# Sources of chronic stress continued...



- **Vicarious trauma – mental health risk of students**
- **Staff turnover/Downsizing (comprised sense of safety, loss of friendship patterns, peer support, organisational memory)**
- **Confusion about organisational goals (for FSA, child safety vs family preservation?)**
- **Traumatic events:**
  - Scandals
  - Media attacks
  - Lawsuits
  - Suicide
  - Student and staff injuries



Protective factors:

- **WHAT ARE THEY?**

*Discuss with the person next to you...*

# What can we do to support ourselves and each other in this work?



- **Class demands**
- **Supervision (formal, informal, peer)**
- **Ensuring space that is free from work chat**
- **Providing opportunities for role diversity**
- **Nurturing and comforting/personal touches to the workspace**
- **Share success stories**
- **Foster a culture of care**
- **Education and training**
- **Personal coping mechanisms**
- **Spirituality**
- **Regular leave**
- **Humour**



# What can YOU do?

## The 5 Ways to Wellbeing:

- **Connect**
- **Move**
- **Tune in**
- **Learn**
- **Give**

**neweconomics.org**  
**www.fivewaystowellbeing.org**

[http://issuu.com/neweconomicsfoundation/docs/five\\_ways\\_to\\_well-being?e=0](http://issuu.com/neweconomicsfoundation/docs/five_ways_to_well-being?e=0)

# Take home messages



- **DON'T QUIT!!!!**
- **SELF CARE**
- **TREAT YOUR MENTAL HEALTH LIKE YOUR DENTAL HEALTH**
- **PROFESSIONAL TREATMENT IS AVAILABLE**
- **CONTACT US...reflect and take action...SO IT MATTERS**
- **PRACTICE WHAT YOU PREACH TO YOUR STUDENTS**

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