

BUILDING RESILIENCE: Mental Health Education for Teachers with Julia Grace



Facebook



PLAN FOR THE DAY:

KNOWLEDGE - about the brain, the body and the impact on our mental health

INSIGHT - into how these processes can feel and impact our own lives

SKILLS & STRATEGIES - a full kete of ideas to implement in the classroom and at home

- a) Protective activities: create positive classroom and school culture that allows students AND staff to 'fail forward'
- b) Responsive activities: Strategies to help students AND staff to reset their nervous system in the moment and create an environment where we can 'close the crisis loop' to avoid trauma

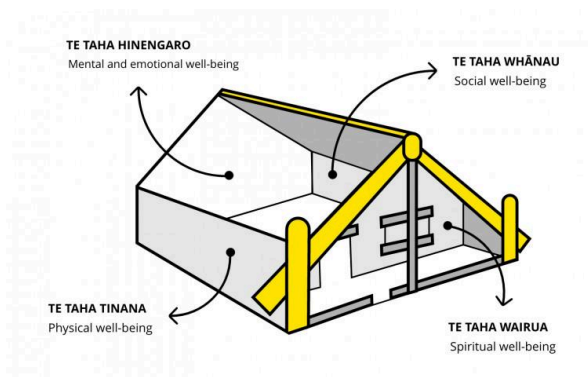
WHAT IS MY SCOPE OF RESPONSIBILITY?

I often hear people saying 'I'm too scared to talk about mental health as I might say the wrong thing'. DON'T PANIC!

- 1) Communication is 55 % body language, 38 % tone and 7 % words
The fact that you are there is the most important thing
- 2) We can make a difference without being a clinician - Flourishing/Languishing scale

MENTAL HEALTH CHALLENGES ARE RUM:

Reasonable__ Universal__ Manageable__



TE WHARE TAPA WHA - Mason Durie

REFLECT: How is your whare?

On a scale of 1 - 10 how are each of your whare walls?

What would it take to increase their strength by one or two points?

What is contributing to their strength or weakness?

THE BRAIN IS AN **Energy Hungry Monster**

It's **2%** of your body weight and uses **_20%** of your energy (and up to **40%**)

REFLECT: What's been added to your rubik's cube in the last 5 years?

DEFINITION OF RESILIENCE

American Psychological Association defines resilience as:

'The process of adapting well in the face of adversity'

WE CAN BUILD OUR RESILIENCE - Neural Plasticity

Do Hard Things a little bit at a time

Rhythm and memory activities grow resilience and problem solving skills

WHY IS IT HARD TO ADAPT TO STRESSFUL CIRCUMSTANCES?

SOBOB **Stressed out Brains are Offline Brains**

AMYGDALA VS FRONTAL LOBE (AMY VS FREDDIE)

What happens to their communication under pressure? **They stop communicating**

How does Harry the Hippocampus decide where to send the message first?

Based on **Prior Experiences**

Why does the brain have a negative bias? (**Better safe than sorry**)

WHAT STRUGGLES TO WORK ONCE AMY HAS PULLED THE FIRE ALARM?

Motor Planning - allows us to remember and perform steps to make a movement happen.

Sense of time

Agency - the feeling of control over actions and their consequences

Abstract thought - creativity

Emotional Regulation - a person's ability to effectively manage and respond to an emotional experience.

SNSRI - a strategy in the moment

S: Six seconds (the Amygdala only has a 6 second head start on the Frontal Lobe. Take 6 seconds to evaluate). Dr Don Nowill

What is my desired outcome here?

N: Ninety Seconds (Stress chemicals have a 90 second washout time. These feelings will pass if acknowledged and allowed) Dr J Taylor

Label the emotion - 'I'm feeling angry' This will

- a) tamp down Amy the amygdala by drawing blood flow,
- b) activate Freddie the Frontal lobe into problem solving mode,
- c) create space between you and the emotion you are feeling

Instead of I AM ANGRY, I am feeling angry. Feelings pass

S: Shake it off (act like an antelope) Animals in the wild get chased around the savannah and don't end up in therapy. Its true, they lack the frontal lobe activity, but they also process the energy in their bodies straight away by:

- a) finding a safe place
- b) trembling and releasing the energy that has built up in their bodies during their stress response, closing the loop on the crisis and avoiding trauma response

R: Rest (your body will need time and space to recover) - don't underestimate how tired you will feel after emotional stress

I: Integrate (take time to process, learn, get support)

FIND YOURSELF A JELLY BUDDY

Your Jelly buddy has permission to:

Check In, Hang Out, Get Help

I will tell you when I'm feeling Wobbly, you can tell me if I am not able to see it

ONE DEGREE OF CHANGE

Faith

Whanau

Ferapy

Fullness

Fitness

Food

Pharmaceuticals

Forward focus

Fankfulness

REFLECT: Take a Wellbeing WOF and see how you can make One Degree of change in one of these areas