



Empowering educators, children and parents to thrive

How Character Strengths Build Psychological Immunity During COVID

STAFF CHART		CHARACTER STRENGTHS What are your top strengths?				
<p>Creativity I come up with original ideas. I use my imagination.</p> 	<p>Bravery I show courage. I stand up for what is right.</p> 	<p>Love I value being close to others.</p> 	<p>Fairness I treat people equally.</p> 	<p>Self-Regulation I know how to manage my emotions and behaviour.</p> 	<p>Gratitude I Appreciate what I have. I am also thankful when good things happen.</p> 	
<p>Curiosity I like asking questions, and am interested in new things.</p> 	<p>Energy I am eager and full of enthusiasm. I live life to the full.</p> 	<p>Kindness I show care and compassion to myself and others.</p> 	<p>Appreciation of Beauty & Excellence I notice and enjoy the beauty in nature and life.</p> 	<p>Forgiveness I allow wrong doers a second chance. I don't hold a grudge.</p> 	<p>Humour I am funny and playful and enjoy making others laugh.</p> 	
<p>Love of Learning I enjoy learning new things.</p> 	<p>Perseverance I keep trying, even when things are difficult.</p> 	<p>Social Intelligence I understand people well and can adapt well to different settings.</p> 	<p>Teamwork I work well with others.</p> 	<p>Humility I know what I am good at, without having to brag about my accomplishments.</p> 	<p>Spirituality I think deeply about life and have faith in something that reassures me.</p> 	
<p>Open-Mindedness I think things through and am open to different people and ideas.</p> 	<p>Authenticity I am honest and true to myself.</p> 	<p>Perspective I know what's important and can offer good insight.</p> 	<p>Leadership I encourage, support, and provide direction to others.</p> 	<p>Prudence I am careful about making choices.</p> 	<p>Hope I expect the best for my future.</p> 	

Are you feeling worried, anxious, overwhelmed?

Did you know that **pragmatically applying your character strengths can boost your coping skills and enhance wellbeing** during a pandemic such as COVID?

Research in 2020 found that the most stressful experiences around COVID were reading or hearing about the severity and contagiousness of COVID; uncertainty about lockdown durations and social distancing (Arora & Grey,

2020; Buttell, & Ferreira, 2020). **If you are a teacher, lack of consultation or certainty around your work is undoubtedly a huge cause of stress and frustration.** Parents did you know that principals and teachers find out about homeschooling like you do – via the media!! :(

Typical coping strategies the general population used were distraction, seeking information and utilising social media (Klaiber et al., 2020).

So what are some helpful **protective behaviours we can adopt?** I know there are changes others could make, but lets consider what is within our control.

1. Applying our strengths helps us to **reframe and reappraise challenges**, allowing a greater sense of perspective. For instance whilst we may not be grateful for lockdowns we may be grateful for more time with family members and less commitments.

2. A strength focus can **mitigate excessive worry**. Focusing on our strengths rather than our inadequacies can reduce our negative thoughts. Consider which strength will you use tomorrow, how will you use it differently? For instance your energy strength – will you do a Youtube workout, Yoga with Adriene or Just Dance instead of going for the same old walk!

3. Utilising our top strengths can elicit **positive emotions** and energise us. Have you used your humour, teamwork, kindness or perspective strength today? How did that feel?

4. Enacting our character strengths help us not only to 'feel good' but to 'do good' in the community, so **others benefit**. For instance using our kindness to leave a note or gift on a family members pillow or writing a note of gratitude towards ever pivoting teachers, spreads connection and positive emotions.

PESA Mini-Conference – Connection



Great to hear about High Quality Connections (HQC) at PESA's Mini-Conference this week. Including how HQC can spread positive affect contagiously (Christakis & Fowler, 2009). Imagine this in your school. Spotting strengths is one effective strategy. Stay tuned for key takeaways in next months newsletter.

Strong Minds Webinar



The graphic features a central green square with white text. To the left is the 'GROWING STRONG MINDS' logo. Two blue banners with white text are positioned diagonally: 'PRIMARY SCHOOL WELLBEING' at the top right and 'DON'T MISS OUT' at the bottom left. The background is white with scattered green and blue triangles.

GROWING STRONG MINDS

FREE
Live Webinar:
Explaining Strong Minds - a Strength Based Approach

30 minute session,
before, during and after
school times available

PRIMARY SCHOOL WELLBEING

DON'T MISS OUT

Do you need help navigating these challenging times? Learn how Strong Minds can enhance wellbeing for your whole school - staff, students and families.

Our live obligation free Webinars are available over the next 2 weeks - Mondays 5:00pm - 5:30pm, Wednesdays 11:00am-11:30am and Fridays 7:45-8:15am.

[BOOK WEBINAR](#)

Strong Minds Workshop



Thank you to the schools that attended our Strong Minds workshop this month. One of the benefits of COVID is that regional schools can have greater access to PL. So where ever you are across Australia get in touch!

WHAT OTHERS SAY..

Strong Minds 13th October – BOOK NOW!

Strong Minds Expert Wellbeing Package
from Nicole Nossiter

01:52

vimeo

Bookings are open for Strong Minds PL in Term 4. When your school sends 2 staff to our Strong Minds workshop on the 13th October they are then able to train the rest of your team that term or in term 1. This provides staff time to 'Live It'

(minimum 1 term required) and **ENHANCES STAFF WELLBEING**, prior to commencing with the students in 2022.

Enhance staff and student wellbeing today with our **evidence based approach [Strong Minds](#)**.

Limited numbers, don't miss out!

[BOOK NOW](#)

Warmest wishes

Nicole and the team at Growing Strong Minds

Growing Strong Minds

PO Box 3023, Marrickville Metro
Australia

0402 709 543

nicole@growingstrongminds.com



You received this email because you signed up on our website or made a purchase from us.

[Unsubscribe](#)

mailer lite