



Empowering educators, children and parents to thrive

5 Wellbeing Tips to Support Your Staff (and Self)



Are your staff exhausted? Teaching is a challenging job at the best of times. It is rewarding, meaningful and energising but it is also demanding, unpredictable and unrelenting.

If you are a parent, bear in mind that teaching is a female dominated profession so many teachers may also be homeschooling their own children right now.

As a Principal how can you support your staff?

1. Encourage staff to reflect each day on what has gone well. This counteracts our negativity bias and reminds us of the little wins. Of course we need to share the challenges, but this comes naturally to us! We need to balance this by highlighting the successes too. If you are having problem sleeping this can be a useful routine to do before bed.

2. Action a top strength. Remember these are those that energise you. If you are one of our [Strong Minds](#) schools you will have already completed the [VIA Survey](#) to identify these top strengths. If not do it now. Then write your top 5 on

this [poster](#) and display it prominently in your work space. Now choose one of these to use tomorrow in a different way. Check out these [suggestions](#).

3. Incorporate mindfulness into your daily life. This calms the nervous system. It involves you doing an activity slowly with complete focus, engaging as many senses as possible. Try having a mindful cup of tea – feel the heat in your hand, smell the tea, taste it, notice the feeling in your mouth, the sound as you slowly sip it. Other activities you could complete mindfully include: doing the dishes, hanging out the washing, walking.

4. Kindness to yourself. Remember to treat yourself like you would a kind friend. During these difficult times lower your expectations of yourself. Reward yourself for small wins. Say helpful things to yourself, like 'One more week, you can do it!!'

5. Check-in buddy – Do you have a colleague you can buddy up with for support? At the end of each day you could text each other 3 wins you have had.

Webinar Wednesday – How a Strength Based Approach Builds Resilience



Principals and Teachers this webinar is for you if you would like to see what Strong Minds would look like in your school.

Even if you have a wellbeing program in your school the science states that you also need a strength based approach.

Our last free Webinars for the term are on Wednesday 9:30am–10:00am and 1:30pm– 2:00pm. Or you can [book one](#) for your school.

Be You Program Directory



Alignment with Be You Domains



Mentally Healthy Communities



Family Partnerships



Learning Resilience

Whilst Strong Minds has always been available on Be You it once again will now be included in the [Programs Directory](#). Strong Minds scored a 3/4 for implementation, demonstrating that it provides significant training and support for participants.

"All programs listed on the Programs Directory have been through a rigorous assessment process designed in collaboration with experts at the Murdoch Children's Research Institute (MCRI) and the University of Melbourne." – Be You

Last Strong Minds Training for 2021, 13th October – BOOK NOW!

Don't miss out on our final Strong Minds training for the year. 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

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