



Are You Kidding?



Whilst school principals and staff continue to drown in their unrelenting workload, they are told to 'clear the decks' to make way for new policy. Are you kidding? No decks have been cleared, no workload reduced at all, in fact quite the opposite. How could new policy possibly roll out amongst a pandemic? Schools are struggling to find staff. No casuals are available, teachers are leaving in droves and those that are still there have classrooms filled with COVID. This is not what the politicians want you to hear, but it is the reality.

So as an educator what can you do?

One useful strategy is to reflect on your 'why'. What gets you out of bed each day? Check out our useful wellbeing questions below.

Reflections From Another Challenging Term



- **Why do you do what you do?** Reflecting on your why provides intrinsic motivation for you to proceed. It brings you back to what matters to you - what brings you meaning. When you have more meaning in your life you are better able to handle life's curve balls.
- **Who have you connected with this term?** Which student or colleague? We know relationships have the biggest impact on our wellbeing. What relationship has grown this term?
- **Who have you made a difference to?** Again, a reminder of the bigger picture, this gives you meaning.
- **What was the highlight of the term?** What went well? It is easy to reflect on all the challenges but what about the bits of gold? Remember this counteracts your negativity bias.
- **Which character strength(s) got you through?** These are your superpowers. Were you kind to yourself, used teamwork, perseverance, energy (if you have any left)?
- **Which strength will you harness in the holidays to reset?** Maybe you'll use your humour to watch a funny show, your social intelligence to connect with friends, kindness to yourself and meditate or read a book.
- **What strength will you draw on for term 2?** The challenges will continue, so how can you leverage the best in yourself?

Free Webinar – Enhancing The Wellbeing Culture in Your Primary School



Interested in learning what is required to enhance the wellbeing culture in your school? Book in for our free webinar Monday 4th April 2022, 7:00pm-7:30pm.

BOOK NOW

Not a Strong Minds school?



Whilst you might have wellbeing programs in place do you have a wellbeing [APPROACH](#)? A strength based approach is now a requirement. Book in a 20 min zoom session to learn more.

It can start with just spotting strengths and utilising the strength language until 'normality' returns next year. Schools report just use of the language enhances students levels of hope, critical now.

BOOK A ZOOM

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Warmest wishes

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