



# Mental Health & Emotional Wellbeing

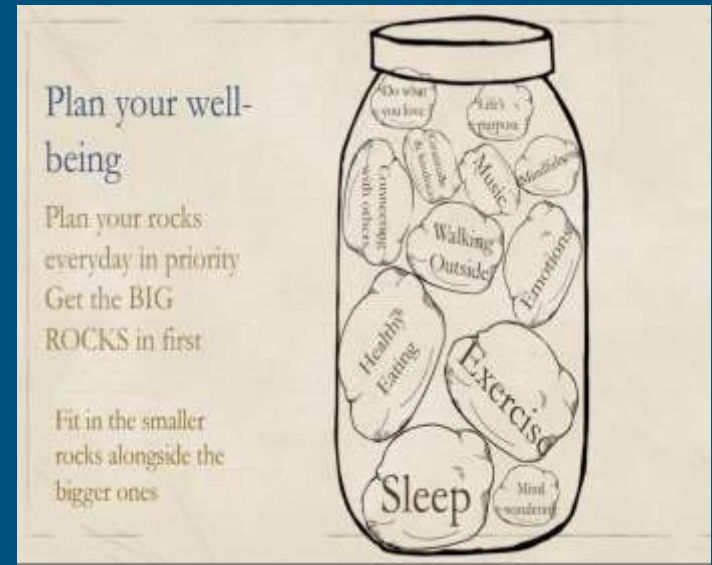
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Staff meeting 18<sup>th</sup> April 2024



## Agenda for today....

- ❖ '5 Ways to Wellbeing' – Sabrina
- ❖ Our Pioneer approach.
- ❖ Signposting for staff / Pioneer Policy.
- ❖ 'Resilience' – Staying Positive!
- ❖ Thrive / PSHE Floor books – Naomi & Heidi
- ❖ Staff Questionnaire – to be completed before end of session.



# Five Ways to Wellbeing

## Taking steps towards living well

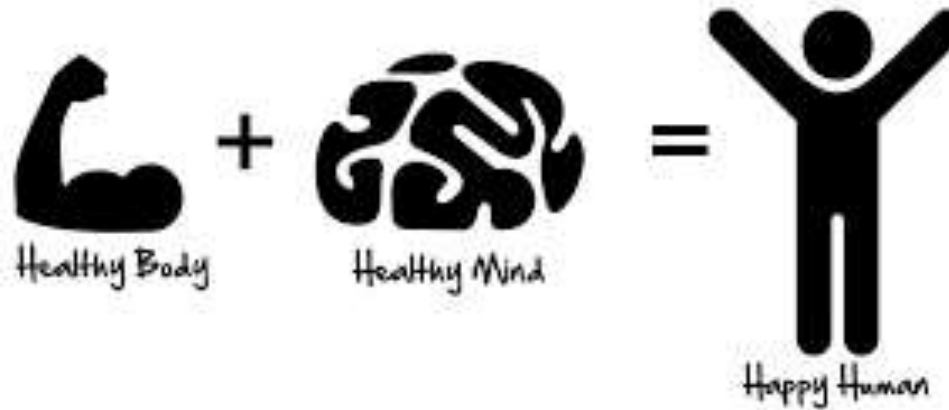
**Sabrina Mudie** - Senior Mental Health Practitioner,  
Mental Health Support Team, Me & My Mind



**EDUCATION**  
EAST SUSSEX  
TOGETHER FOR EXCELLENCE  
AND INCLUSION



# A '5 a day' for mental health?



# Consider this...

- What does wellbeing mean to you?
- What do you do to look after your mental wellbeing?

# The Five Ways to Wellbeing



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

# The Five Ways to Wellbeing



- With the people around you
- With family and friends, colleagues and neighbours
- At home, work, school or your local community
- **Think of these as the cornerstones of your life and invest time in developing them.**
- **Building these connections will support and enrich you every day.**

# The Five Ways to Wellbeing



EMBRACE NEW EXPERIENCES,  
SEE OPPORTUNITIES, SURPRISE YOURSELF

- Try something new
- Rediscover an old interest
- Sign up for that course
- Take on a different responsibility at work
- Fix something
- Learn to play an instrument
- Be more adventurous with your cooking
- **Set yourself a challenge which you'll enjoy achieving.**
- **Learning new things will help with your confidence and bring some fun into your life.**



# The Five Ways to Wellbeing



- Go for a walk or a run
- Step outside
- Do a YouTube yoga or pilates class
- Play a game
- Garden
- Dance
- **The important thing is to find a physical activity which you and enjoy and that suits your level of mobility and fitness.**
- **Exercise makes you feel good.**

# The Five Ways to Wellbeing



- Be curious
- Catch sight of the beautiful
- Remark on the unusual
- Notice the changing seasons
- Savour the moment, whether you're walking to work, eating lunch or talking to your friends
- Be aware of the world around you and what you are feeling
- **Reflecting on your experiences will help you appreciate what matters to you.**

# The Five Ways to Wellbeing



YOUR TIME, YOUR WORDS, YOUR PRESENCE

- Do something nice for a friend or a stranger.
- Thank someone
- Smile
- Volunteer
- Join a community group
- Look out as well as in.
- **Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.**

# Pioneer approach to staff wellbeing

- ❖ Policy - Please remind yourselves of this.
- ❖ To promote a culture of **'teamwork'** and **'support'**
- ❖ To promote a culture of **'belonging'** within the school community.
- ❖ To maintain a culture of **clear communication** about workplace **well being**.
- ❖ **To have an 'Open door' policy** and leaders being **approachable**.
- ❖ Clear information for staff (**signposted**) about how they can get help.
- ❖ Dedicated MHEW lead



# The spectrum of mental health

## Healthy/Thriving

Physically and mentally well  
Flexible  
Responsive  
Normal mood fluctuations  
Generally optimistic  
Sociable  
Self aware  
Mindful

## Reacting/Surviving

Just Coping  
Irritable/Impatient  
Nervous  
Sad/overwhelmed  
Low energy  
Intrusive thoughts - cognitive distortions  
Decreased activity/socialising  
Trouble sleeping  
Pessimistic  
Brooding  
Frazzled

## Struggling

Negative attitude  
Anxiety  
Poor concentration  
Poor performance  
Avoidance / Withdrawal  
Increased fatigue  
Restless/disturbed sleep  
Growth-defeating behaviours  
Self-Sabotage  
Chronically frazzled

## Crisis

Angry outbursts/aggression  
Excessive anxiety/panic attacks  
Can't perform duties  
Can't control behaviour  
Can't fall asleep/stay asleep  
Constant fatigue  
Not going out  
Addiction

# Signposting

- ❖ Your Head of School – 1st point of contact. 2<sup>nd</sup> then please contact me confidentially.
- ❖ [www.carefirst-lifestyle.co.uk](http://www.carefirst-lifestyle.co.uk) (0800 174 319) 24 hour service
- ❖ User name esceap
- ❖ password council1
- ❖ Health in Mind (Health in Mind is an NHS organisation providing courses and other types of therapies that help with stress, anxiety and low mood)
- ❖ <https://www.cruse.org.uk/> (Bereavement support)
- ❖ <https://www.educationsupport.org.uk/> - (A UK charity dedicated to supporting the mental health and wellbeing of teachers and education staff in schools, colleges and universities)
- ❖ HEAD SPACE App & Mind App library MIND - <https://mind.orchahealth.com/en-GB>
- ❖ Pioneer MHEW policy – on website.

# Resilience



“An ability to recover from or adjust easily to misfortune or change.”

We are teachers....which means we are naturally resilient...right?

Various traumas, diversities, and stressors in our lives are normal if you are human. These things can be your job, your friends, your family, money and much more. These twists and turns are what builds each person's story is are all part of LIFE.

When we talk about the ability to be resilient, we are referring to a person's ability to be able to cope in tough situations. A person who can be resilient has learned how to adapt and change to the environment that they are in. Everyone is going to experience these sorts of feelings and emotions at some point in time. But rather their ability to tap into their inner strengths to work through whatever it is that is causing the problem.





You can think of resilience as a set of skills that can be, and often is, learned. Part of the skill-building comes from exposure to very difficult — but manageable — experiences.

**STEP 0** I can tell when I feel positive or negative

EXAMPLE 1

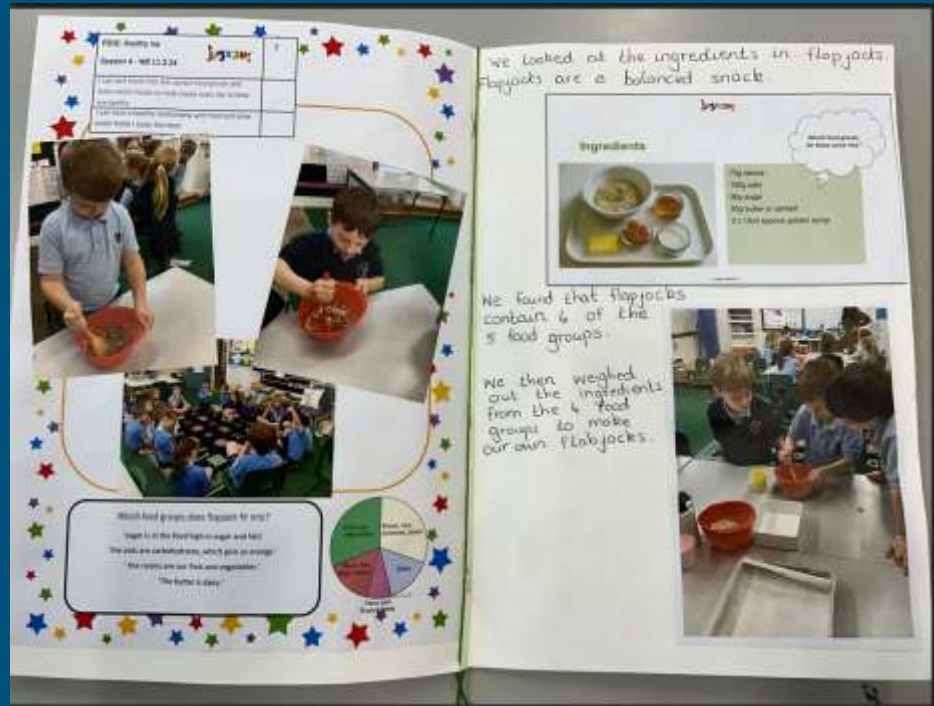
EXAMPLE 2

EXAMPLE 3

- STEP 0** I can tell when I feel positive or negative
- STEP 1** I can tell when others feel positive or negative
- STEP 2** I keep trying when something goes wrong
- STEP 3** I keep trying and stay calm when something goes wrong
- STEP 4** I keep trying when something goes wrong, and think about what happened
- STEP 5** I keep trying when something goes wrong and help cheer others up
- STEP 6** I keep trying when something goes wrong and encourage others to keep trying too
- STEP 7** I look for opportunities in difficult situations
- STEP 8** I look for opportunities in difficult situations, and share these with others
- STEP 9** I look for opportunities in difficult situations, and adapt plans to use these opportunities
- STEP 10** I look for opportunities in difficult situations, and create new plans to use these opportunities



# Thrive / PSHE Floor books



First	Second	Third	Fourth	Fifth
1	2	3	4	5

## How can we take medicines safely?

We learned about how to keep our bodies clean and hygienic. We sang a song and included all the ways we know to stay healthy e.g. "drink water" Scarlett  
"sleep lots" Jay-J  
"wash hands" Bella  
"eat a balanced diet" Zeeva  
"brush our hair" Finn  
"running to get fresh air" Lisa

### Here We Go Round the Mulberry Bush

Here we go round the mulberry bush,  
The mulberry bush,  
Here we go round the mulberry bush,  
On a cold and frosty morning.

This is the way we wash our face,  
Wash our face,  
This is the way we wash our face,  
On a cold and frosty morning.

This is the way we brush our hair,  
Brush our hair,  
This is the way we brush our hair,  
On a cold and frosty morning.

This is the way we drink our water,  
Drink our water,  
This is the way we drink our water,  
On a cold and frosty morning.

This is the way we eat our food,  
Eat our food,  
This is the way we eat our food,  
On a cold and frosty morning.

Here we go round the mulberry bush,  
The mulberry bush,  
Here we go round the mulberry bush,  
On a cold and frosty morning.



We discussed which items need to be kept away from children which do not.

We all agreed that Colpal is a medicine that needs to be locked away safely.



P70

First	Second	Third	Fourth	Fifth
1	2	3	4	5



Enthuse

Positive

Encourage

Pleasant

Share

We learnt about the ways to be then worked in teams to

positive teamwork create things.



We worked together to create a puzzle.

We had to encourage each other to get the puzzle finished.

In teams we had to choose how to decorate biscuits. We encouraged each other with.



The children showed great enthusiasm. To be successful at decorating their biscuits they shared colours with each other.



We each had a job. One of us put marshmallows on sticks, one of us dipped in chocolate and then one of us dipped in sprinkles.



Friday 9<sup>th</sup>  
February

We have skills builder to  
used learn the skill of  
listening.

We played a listening  
game. Mrs Fry gave 3  
instructions that we  
had to follow.  
We discussed using the  
3 steps to achieve  
successful listening.

I found it easier to follow  
instructions when I repeated  
them in my head.

Date: 9



WB 5.2.24

This week is Mental Health week.  
The theme of the week is  
**My Voice Matters.**

During carpet time we  
celebrated our 'wow'  
moments. We reflected on  
yesterday and thought about  
feeling proud!

The 'ZONES Across the Day:


Throughout the day we checked how we were feeling following the zones of regulation we did at the start of lesson and wrote and noted that allowed us to understand how we were feeling at certain times.

The 'ZONES Across the Day:


I think about my zone because each day we have life zones. I like to celebrate my voice matters. We were writing moments when we were proud of ourselves!





Monday 9<sup>th</sup> February 2020

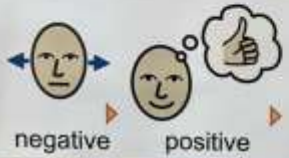
We have good skills builder to explore positive and negative emotions. We then looked at how understanding emotions is important.

We looked into different emotions and how and when we might feel them.

After this we looked at many different emotions!



We looked at how to recognize these emotions in other people by talking about what their faces look like! We then designed our own faces looking a different emotions and they would show that on their face.



We discussed positive and negative emotions and how they may affect us.



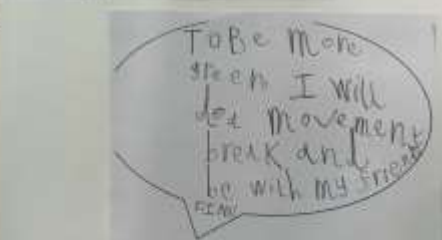
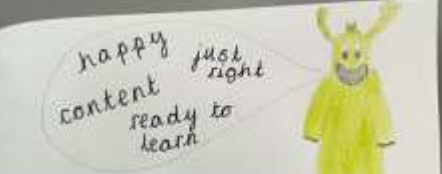
We asked to each other and what makes them feel happy and what it was different things.



We worked together to talk about and draw what makes us happy!



# How to feel green...



We discussed how we could make ourselves feel green following tracking our emotions.

Please complete the questionnaire  
before you leave the meeting!



# What is wellbeing?

Good staff wellbeing is essential for cultivating a mentally healthy school, for retaining and motivating staff and for promoting pupil wellbeing and attainment.

Wellbeing is all about our holistic health including physical and emotional. When we have good levels of wellbeing we feel that life is in balance and that we can generally cope well. We feel motivated and engaged, we're **resilient** and able to deal effectively with daily troubles as well as bounce back from life's challenges.

It is important for leadership to build a culture of trust where staff feel valued, can be open about their health and wellbeing and know how to access support if they need it.