

Mental Health & Well-Being

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What is Mental Health?

“Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes his or her own potential, can cope with the *normal* stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

Words that cause...

“Unprecedented”

“Challenging Times”

“We are all in this together”

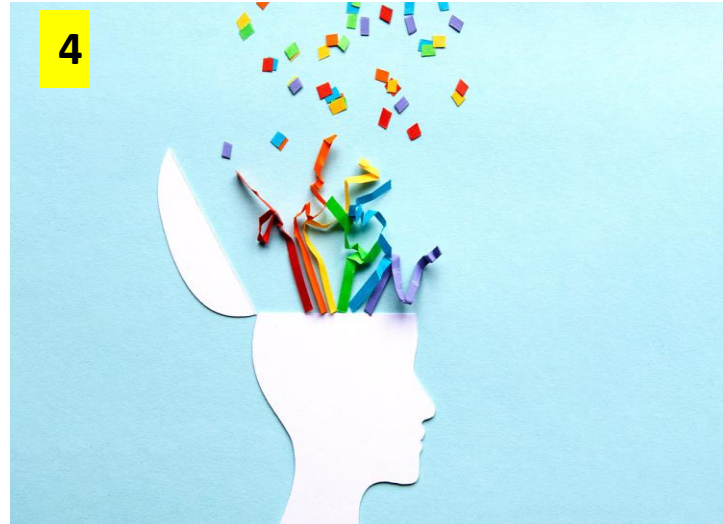
“New Normal”

“Re-Imagine”

[Friends - Ross Pivot – YouTube](#)



Can You Relate??



ALL OF THEM

**Areas of Well
Being that
intersect &
layer...**

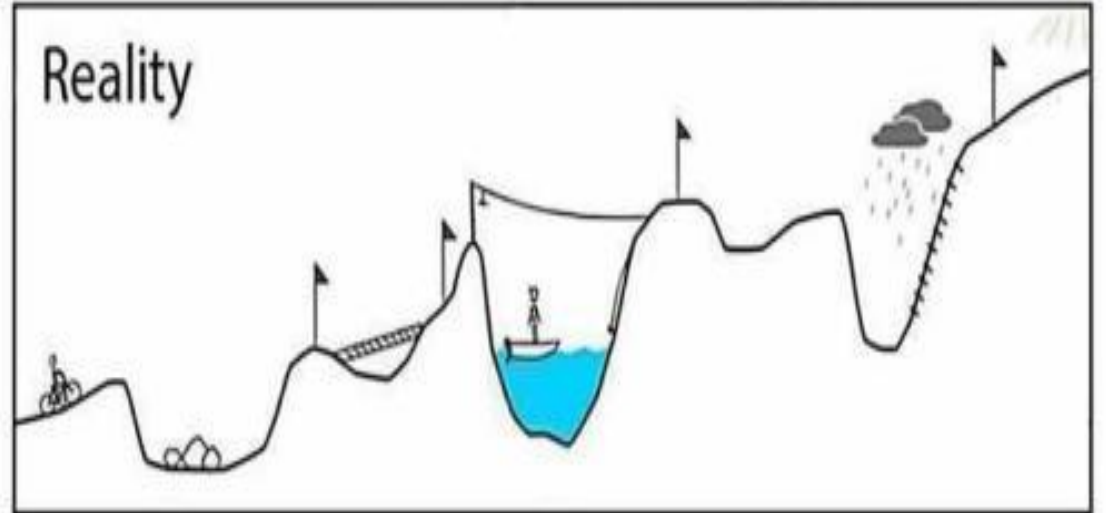


Well-Being is
how we respond
to lives' up and
downs; and
includes...

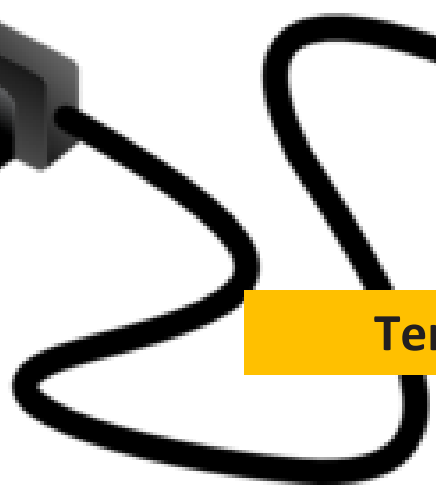
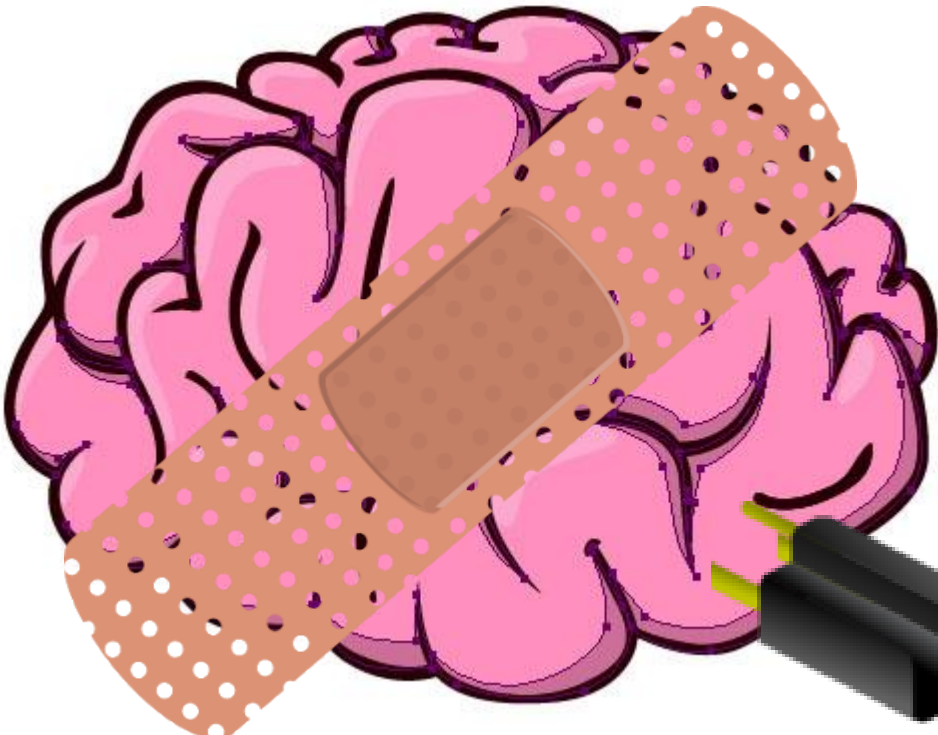
Your plan



Reality



Mental Health & Physical Connection



Low Mood

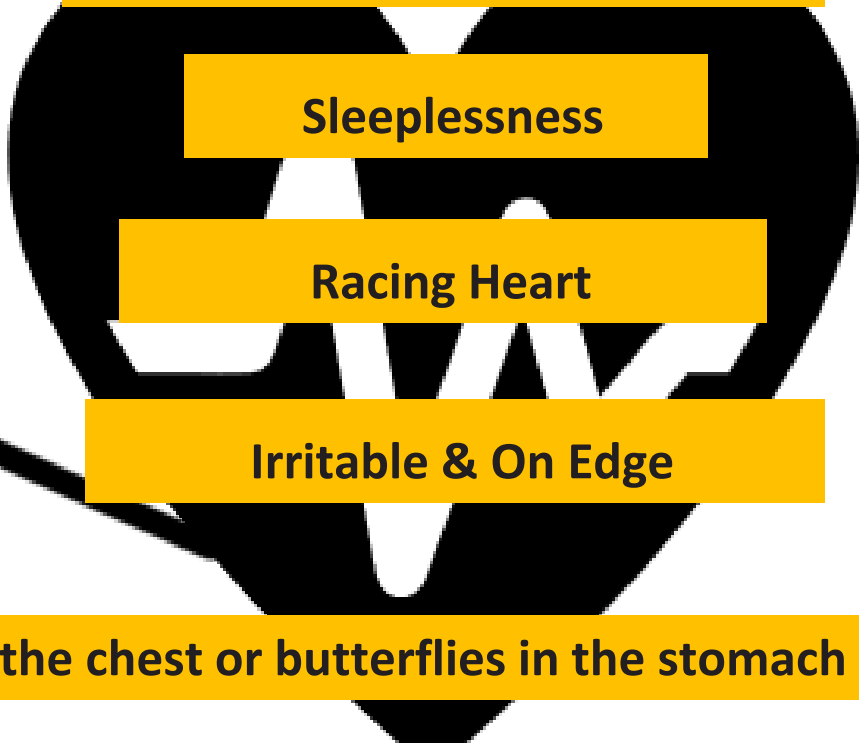
Sleeplessness

Racing Heart

Irritable & On Edge

Tension in the chest or butterflies in the stomach

Anxiety



Few examples of Pandemic realizations

...

- More requests for Tier 3 **(one-on-one)** supports
- More requests** for mental health/wellness for staff
- Parents worried about **socialization of their children**
- Elevated stress** related to too much work in virtual school
- Stigma** of COVID-19; Mental health and stigma
- Impact of **Chronic Stress/anxiety**
- Impact of **Social inequities**; racism
- Coping** with Virtual Learning
- Grief with loss of 'regular' life**/coping strategies (parks, activities, rituals)
- Maintaining** same/high expectations
- Less time** to take care of our/our family's' wellness
- Higher demands**--juggling work, home and personal relationships
- Challenging**--images, news, social media & staying hopeful
- Difficulty **limiting screen time** (you and children)
- Worries** of future--work, school learning gaps, relationships
- Isolation**, loneliness, lack of socialization/connection to family, friends, community supports/resources

IN CRISIS

STRUGGLING

SURVIVING

THRIVING

EXCELLING

Very anxious
Very low mood
Absenteeism
Exhausted
Very poor sleep
Weight loss

Anxious
Depressed
Tired
Poor performance
Poor sleep
Poor appetite

Worried
Nervous
Irritable
Sad
Trouble sleeping
Distracted
Withdrawn

Positive
Calm
Performing
Sleeping well
Eating normally
Normal social activity

Cheerful
Joyful
Energetic
High performance
Flow
Fully realising potential

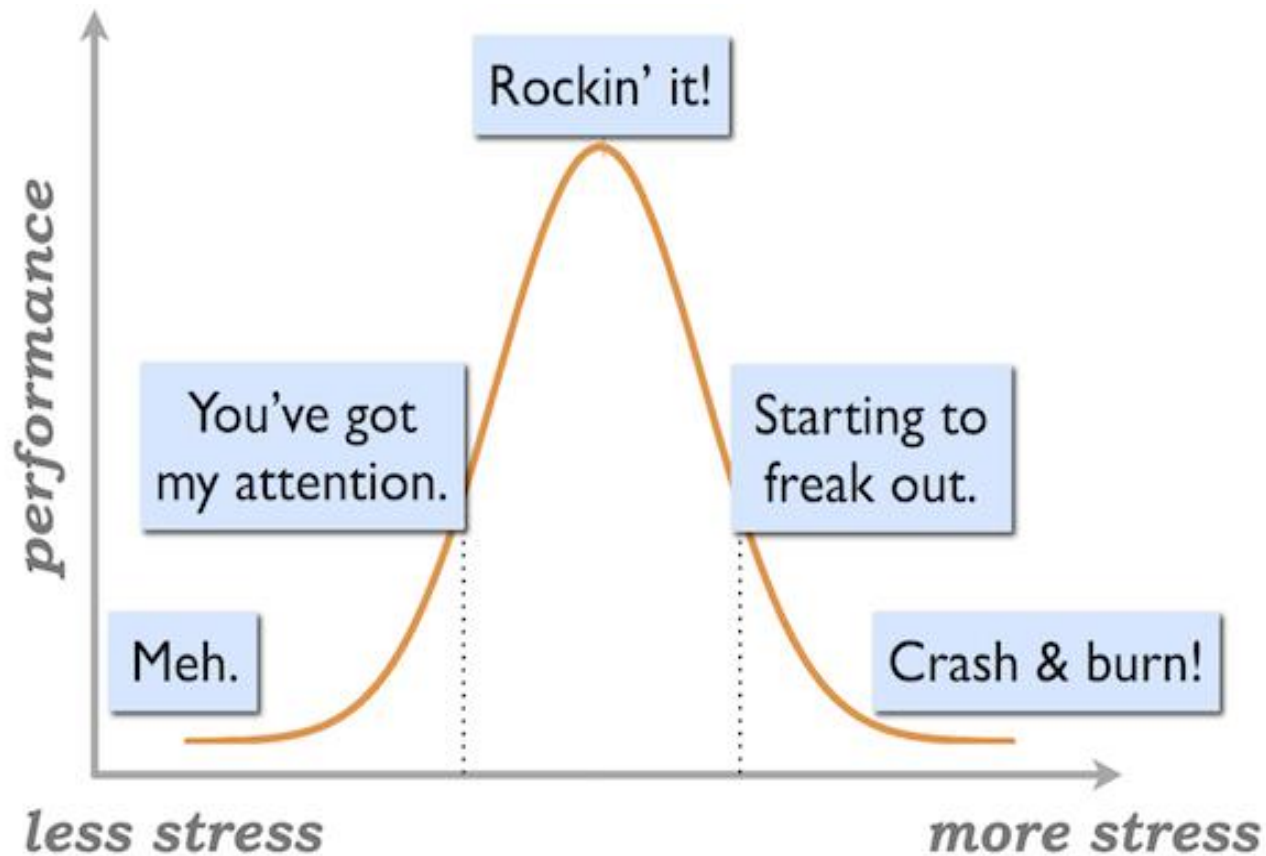
Seek Help...

Talk to someone you trust; reach out; check in

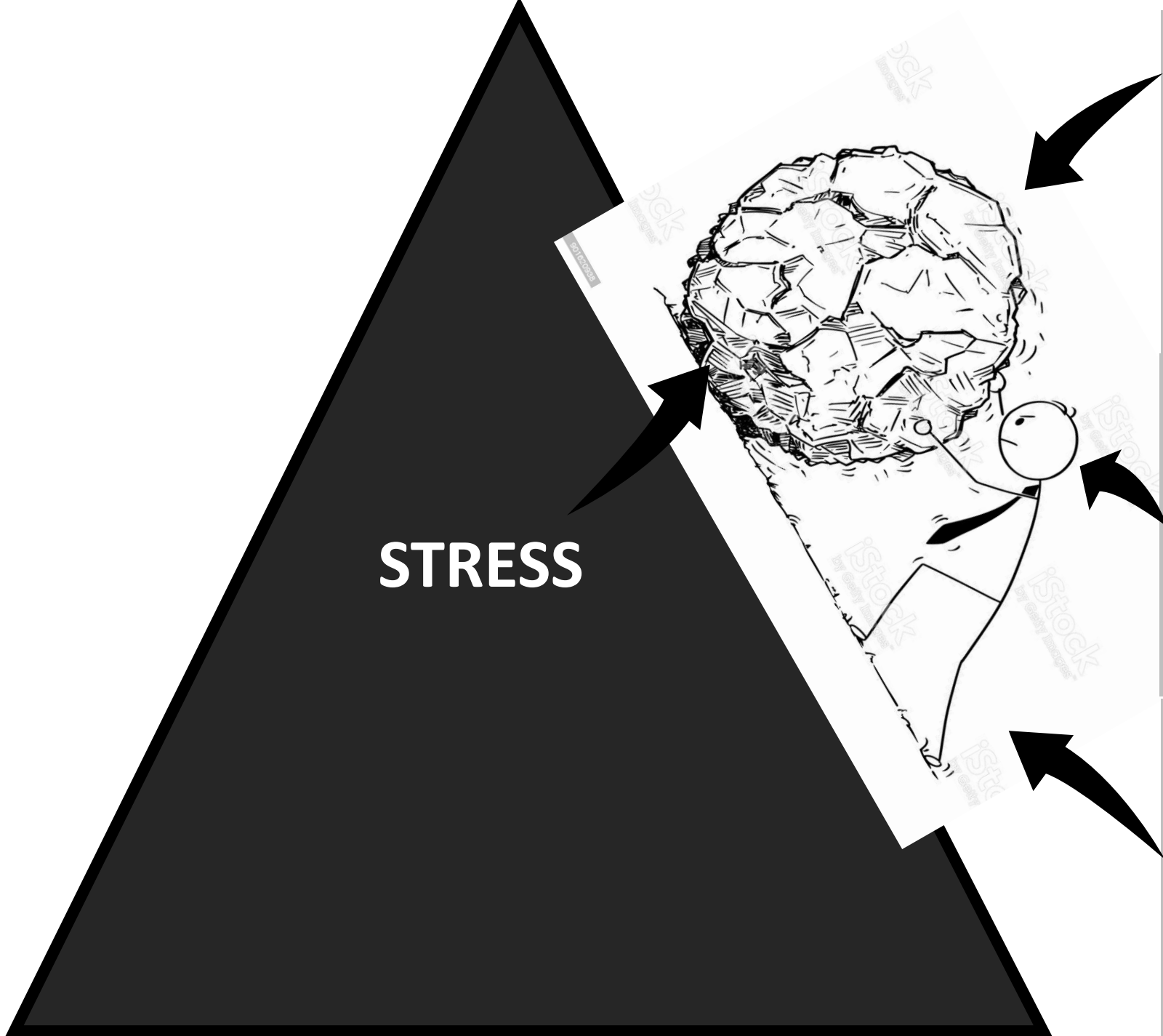
Be aware of feelings; keep doing what works

STRESS





Some stress is **normal** and needed to obtain goals, move forward for **positive mental health.**



STRESS

Behavioural Wellness

- **Participates** enthusiastically in physical or learning activities
- Demonstrates age appropriate **self regulation**
- Can **resolve** conflicts and compromise

Cognitive Wellness

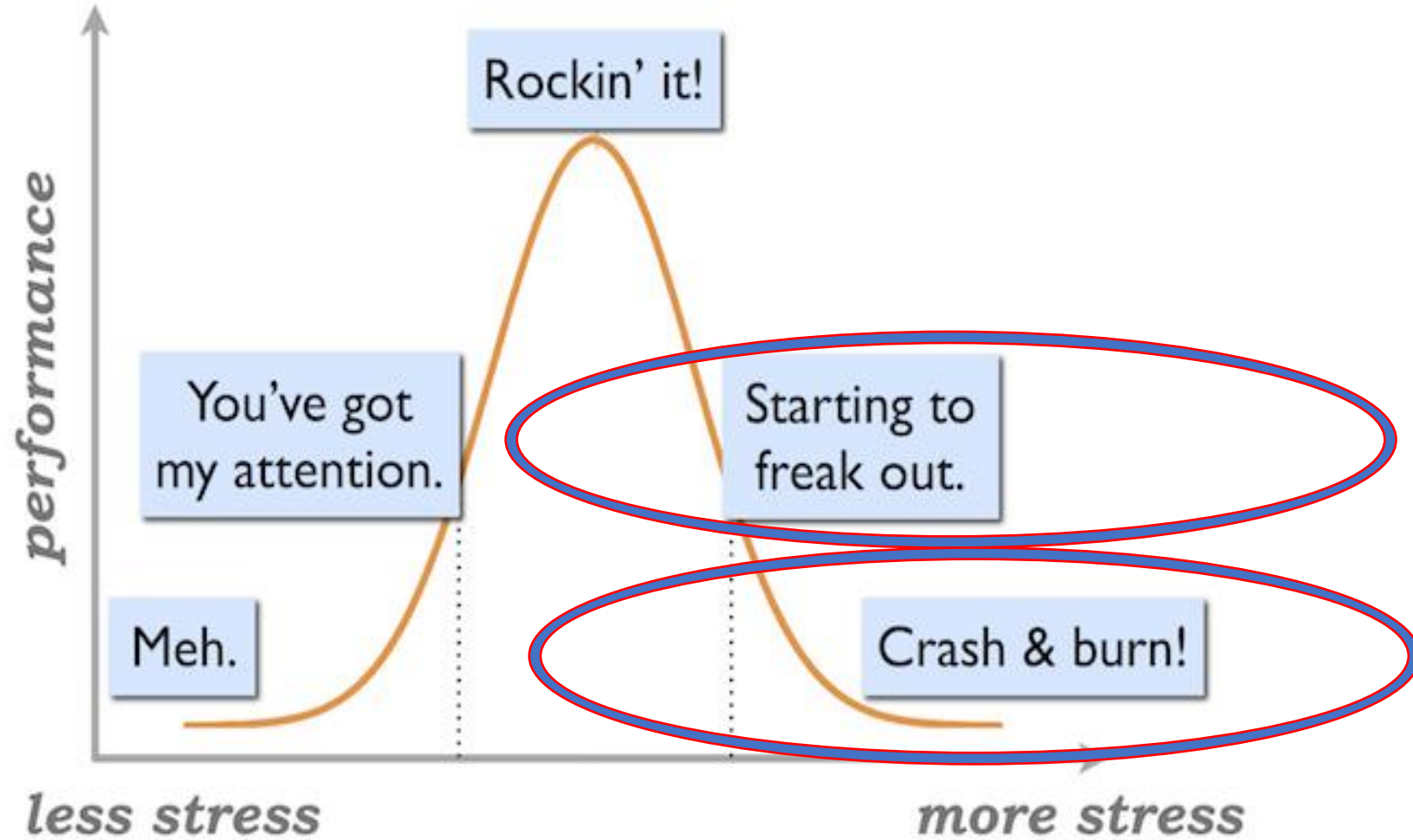
- **Bounces back** from mistakes
- Shows **empathy** and enjoys interactions
- Willing to try **new experiences**
- **Can calm down** and regulate emotional

Socio-Emotional Wellness

- **Explores** the learning environment with curiosity
- Engages in **creative** play or group work
- **Perseveres** with challenging tasks
- Can identify a problem and **resolution**

Chronic Stress

Chronic levels of stress impact our brain's capacity to cope



1) Increases part of the brain's **survival** mode-fight/flight

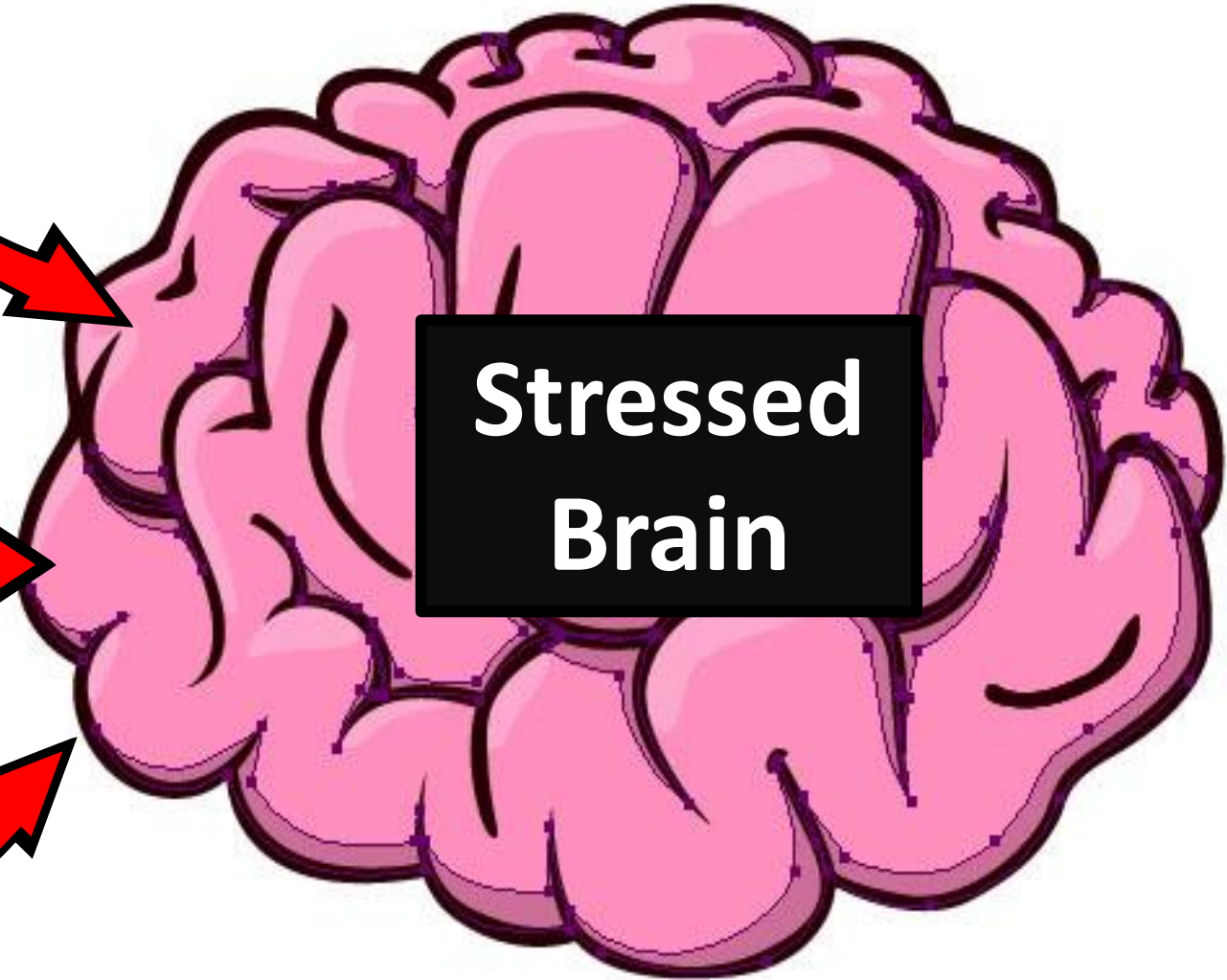
- **Feeling low/sad; unmotivated**

2) Stops producing new brain cells

- inhibits adaption to new circumstances—**feeling overwhelming**

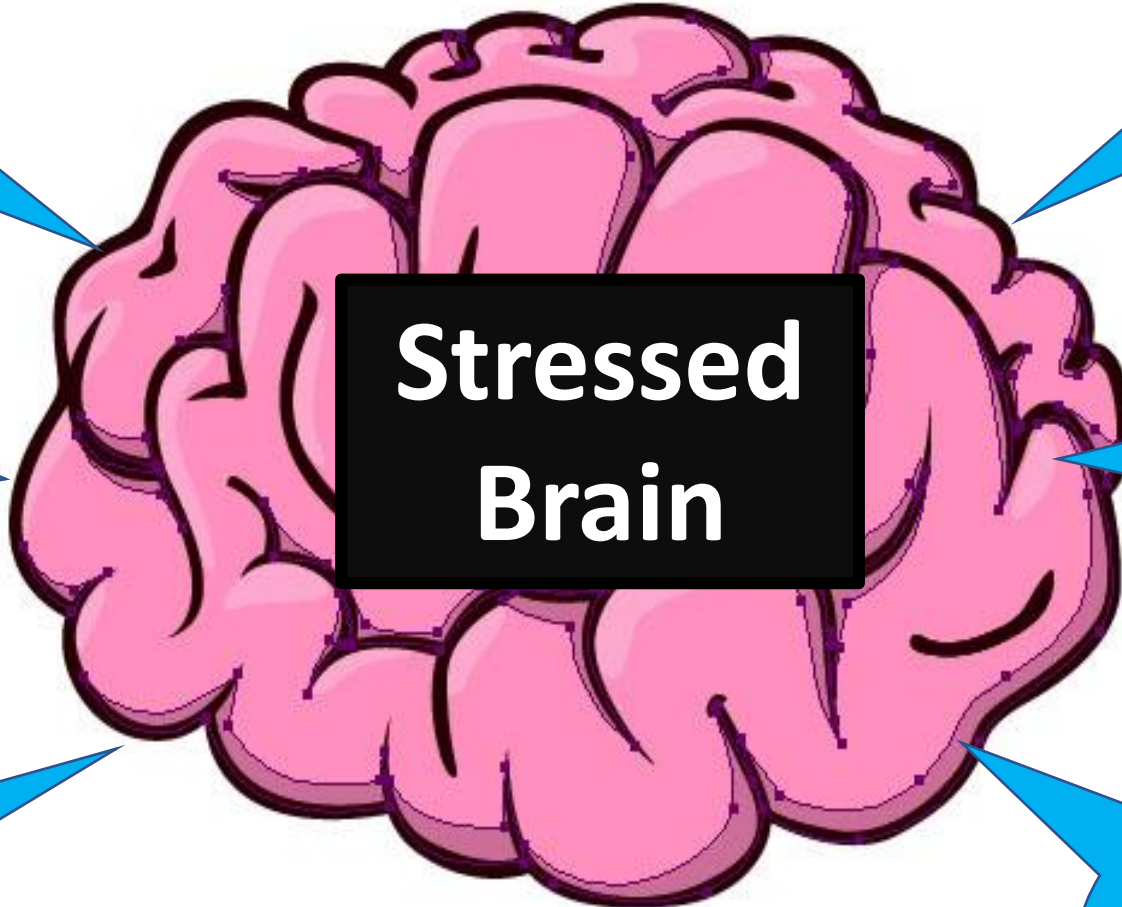
3) Shrinks parts of the brain

- **Reduces reasoning & decision-making**



**Stressed
Brain**

IMPACTS....



PLANNING

ORGANIZING
GETTING READY
FOR SCHOOL

EMOTIONS

FRUSTRATIONS
STRESS

FOCUS

ALERT
CONCENTRATION

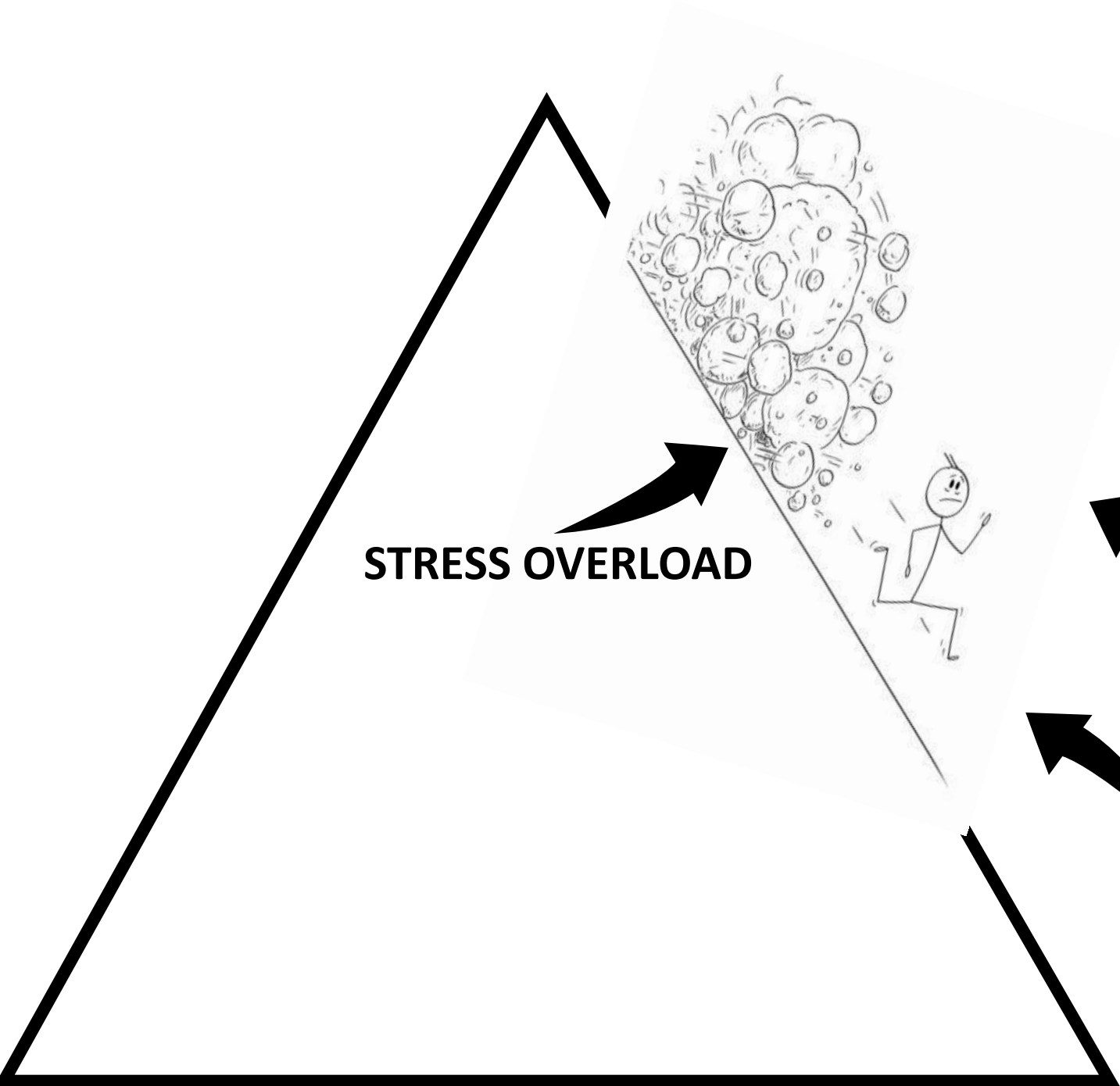
SELF- REGULATION

BEHAVIOURS/
ACTIONS

MEMORY

FLEXIBILITY

OPEN
MINDED



STRESS OVERLOAD

Behavioural Wellness

- **Withdrawing**
- **Poor self-regulation of their behaviours/actions**
- **Overwhelmed and not able to compromise**

Cognitive Wellness

- **Ruminates about mistakes**
- **Difficulty making friends/keeping friends**
- **Does not want to try new things**
- **Unable to calm down and regulate emotional**

Socio-Emotional Wellness

- **Scared, fearful, not leaving home**
- **Refusing to play or group work**
- **Easily upset/crying with challenging tasks**
- **Constant worrying**

PANDEMIC

ON EDGE

COPING

STRESS

REACTIVE

FRUSTRATED
/UPSET

CHANGE

LOW
TOLERANCE

AT
"CAPACITY"

RUMINATING

BALANCE

"WHAT
GOOD?"

ISOLATION

GRIEF



What it can feel like....

- Families/caregivers are exhausted
- Students are exhausted
- Staff are exhausted
- Pre-pandemic coping is no longer able to support current moments .
- What we are experiencing?



**Collective, Social and Individual
GRIEF.**

Anticipatory Grief

What will happen?

What is going to be different?

Will I ever see normal again?

I cannot see what the issues are?

Is it safe now?

- Understanding how you are feeling/grieving—
THE START
- Stages are not linear; you can feel many areas
of grief

Stages of the Grief Cycle

"NORMAL" FUNCTIONING



Shock and Denial

- Avoidance
- Confusion
- Fear
- Numbness
- Blame

Anger

- Frustration
- Anxiety
- Irritation
- Embarrassment
- Shame

- Empowerment
- Security
- Self-esteem
- Meaning

Depression and Detachment

- Overwhelmed
- Blahs
- Lack of energy
- Helplessness

RETURN TO MEANINGFUL LIFE



Acceptance

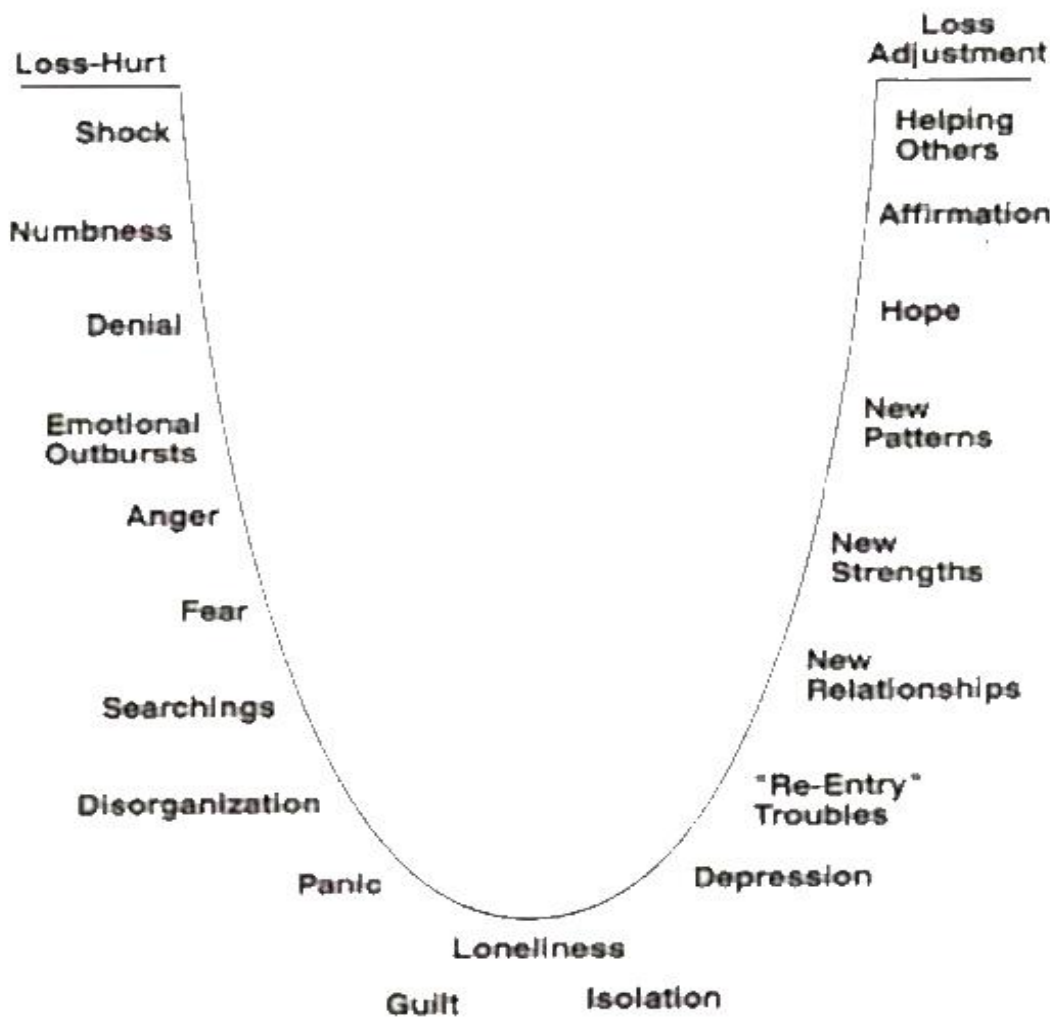
- Exploring options
- A new plan in place

Dialogue and Bargaining

- Reaching out to others
- Desire to tell one's story
- Struggle to find meaning for what has happened



STAGES OF GRIEF



My experience



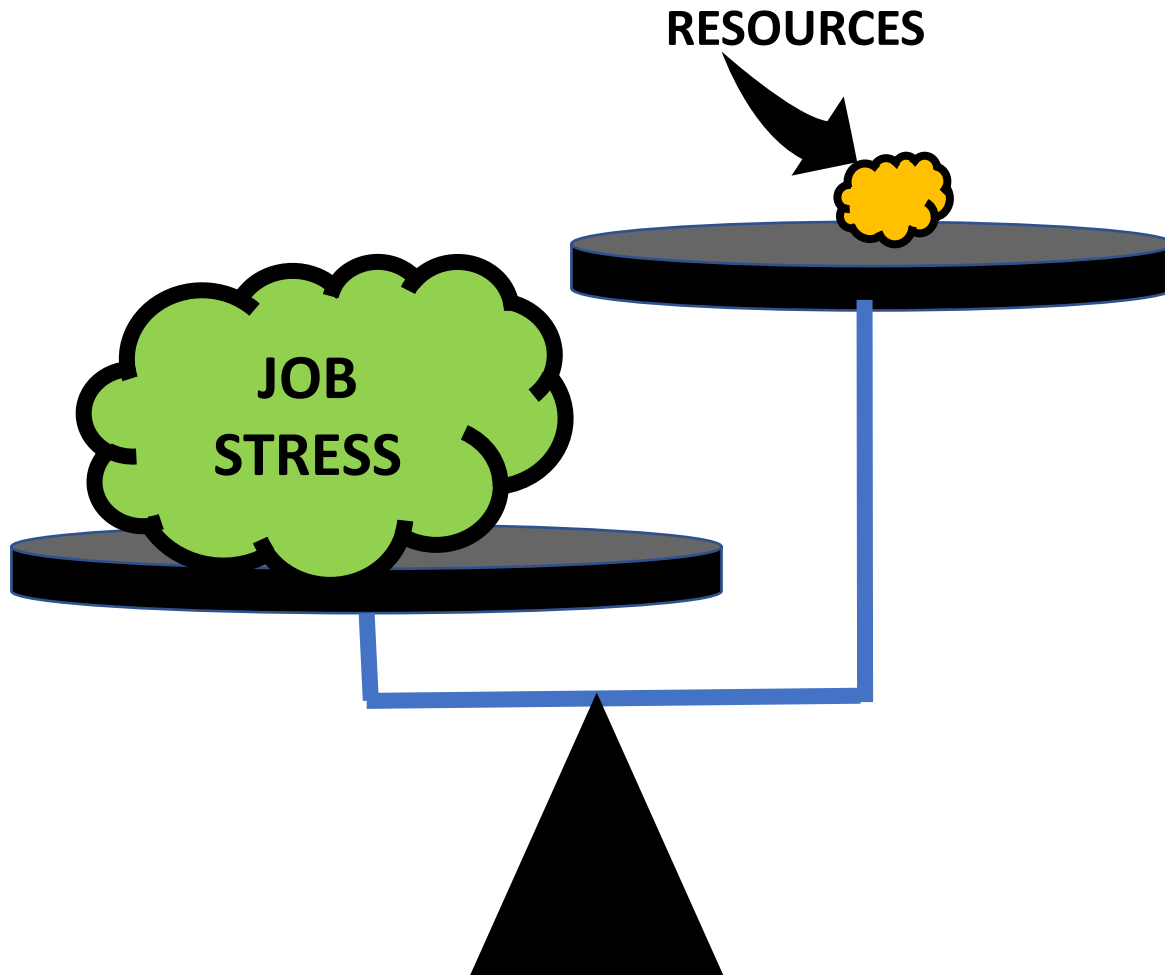
<u>Stages of Grief</u>	<u>Examples You Can Try</u>
<p><u>Shock & Denial</u></p> <ul style="list-style-type: none"> ▪ Avoidance ▪ Fear ▪ Numbness ▪ Blame 	<ul style="list-style-type: none"> ✓ It is OKAY to boundary information & people ✓ Keep it simple-what is a simple thing you can do daily? ✓ Inspire hope & model it ✓ Be patient & understanding ✓ Balance!
<p><u>Anger</u></p> <ul style="list-style-type: none"> ▪ Frustration ▪ Irritation ▪ Anxiety ▪ Embarrassment ▪ Shame 	<ul style="list-style-type: none"> ✓ Reframe to positive ✓ Breathe/Patience/ Physical activity ✓ Dedicate one-on-one time (even 5 min. to fill your soul) ✓ Limit exposure to social media/news/negative people ✓ Flexible routine ✓ Listen & LAUGH
<p><u>Depression & Detachment</u></p> <ul style="list-style-type: none"> ▪ Overwhelmed ▪ Lack of energy ▪ Helplessness 	<ul style="list-style-type: none"> ✓ Keep feeling & moving forward ✓ Let the feelings run its course in a safe way ✓ We know we can get through this (<i>history has shown this</i>). ✓ Giving-Back projects/Compassion ✓ Listen & Pause

BURNOUT



Stress + INADEQUATE

Support/resources = BURNOUT



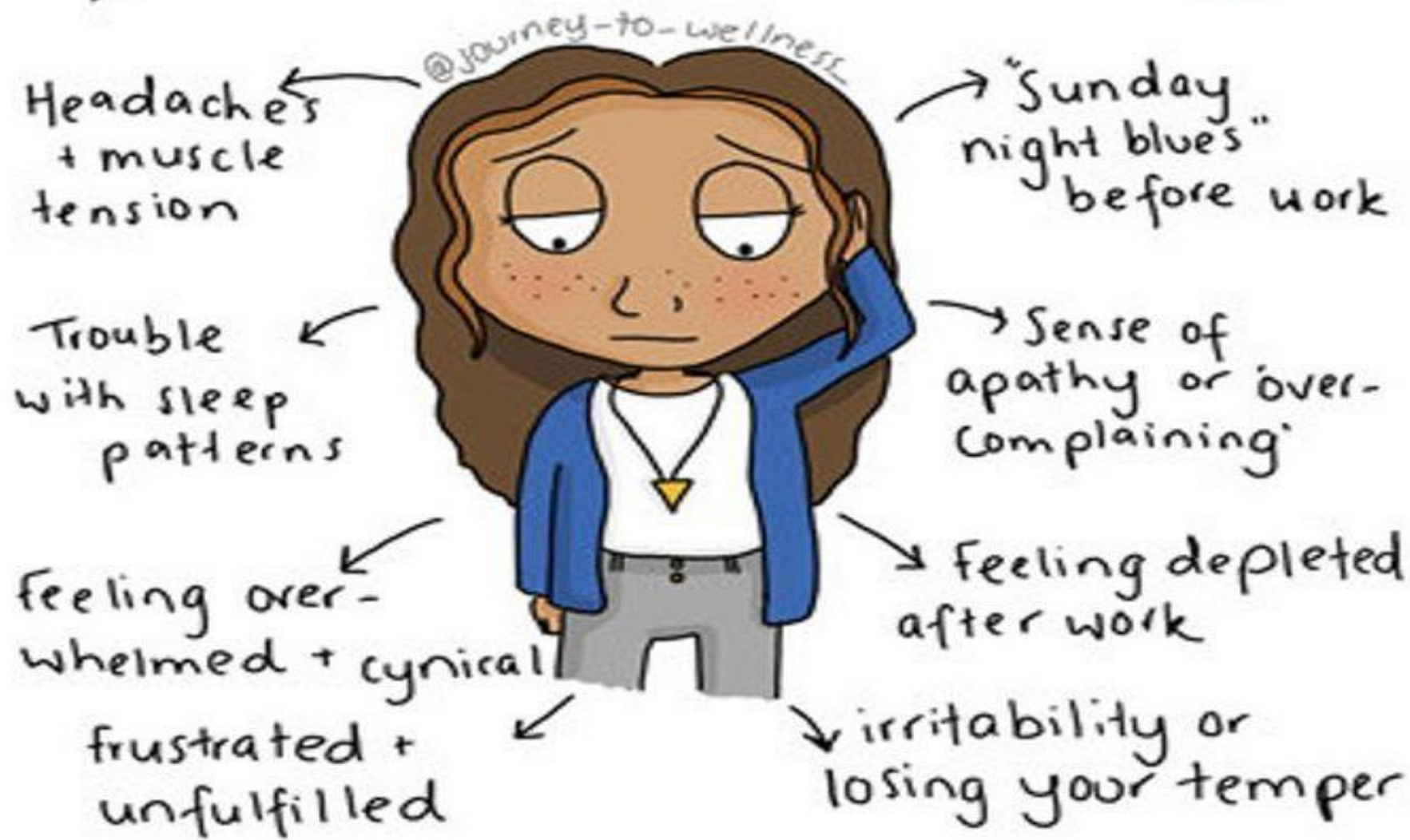
Stress ALONE DOES NOT CAUSE
BURNOUT

Can cause a *Professional Competency Crisis*

- **loss of motivation*
- **emotional depletion*
- **cynicism*
- **exhaustion*

Often misdiagnosed as
depression

SIGNS of BURNOUT



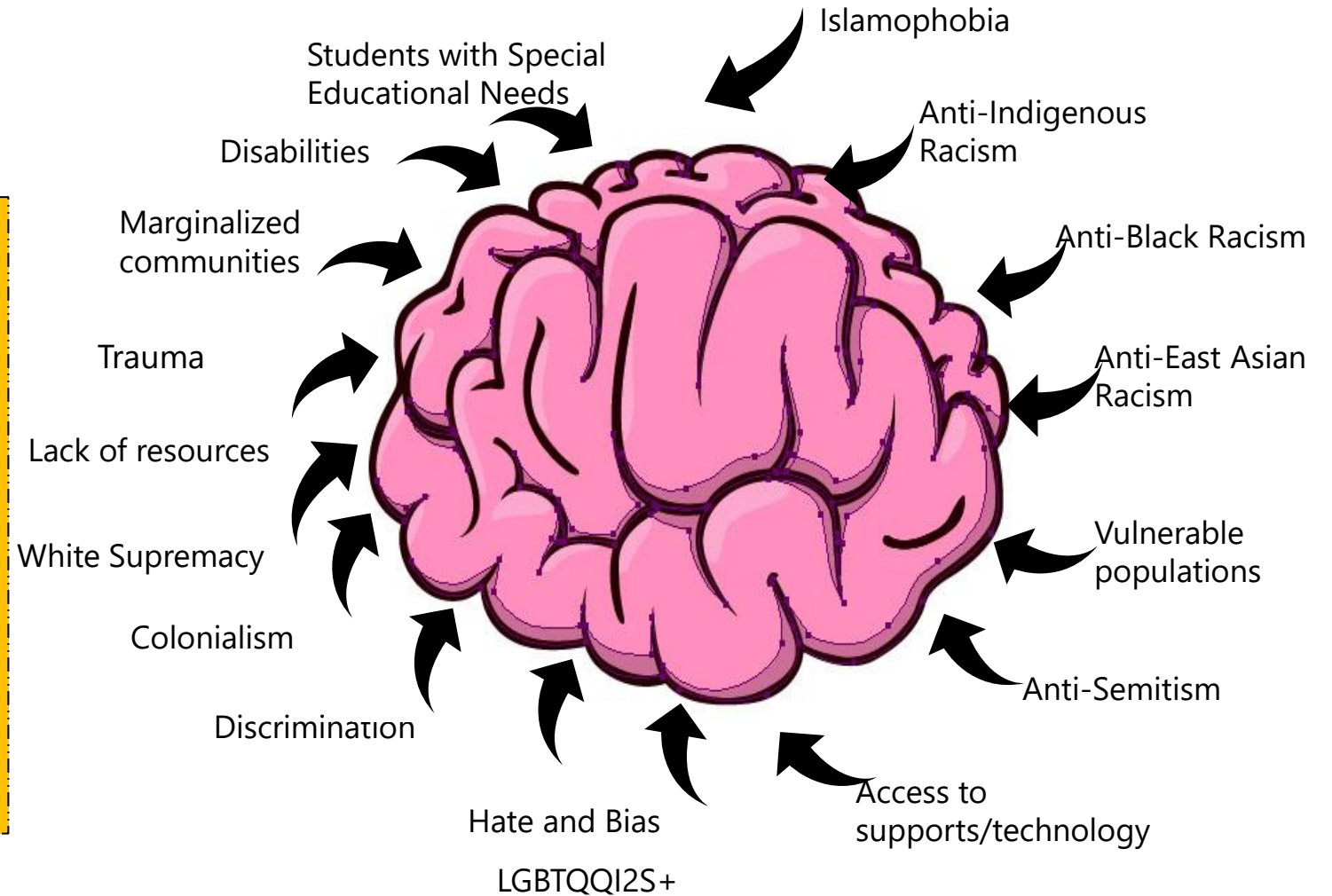
COMPASSION FATIGUE



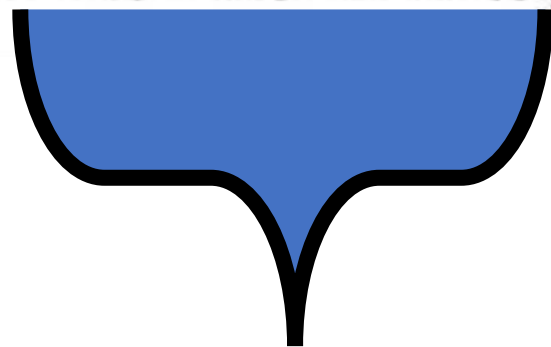
Social inequities impact **Compassion Fatigue...**

✓ **Mental, physical, and emotional exhaustion that comes with working people who are in constant states of distress or trauma (Lerias & Byrne, 2003).**

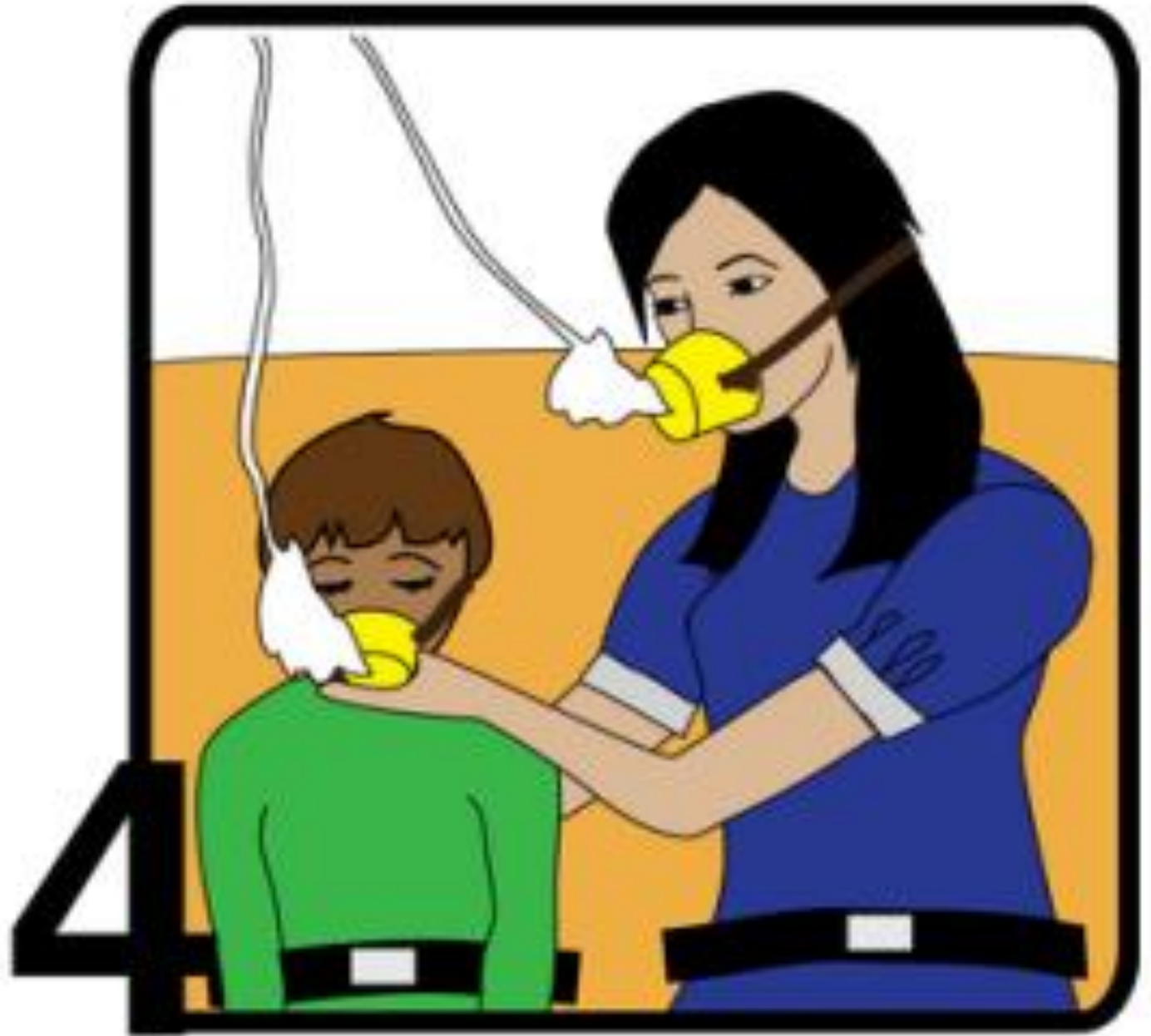
✓ **Result in Secondary Trauma & Burnout**



Stress (Grief+ Compassion Fatigue+ Burnout) =????



**Why is this
Analogy Not
Okay...**



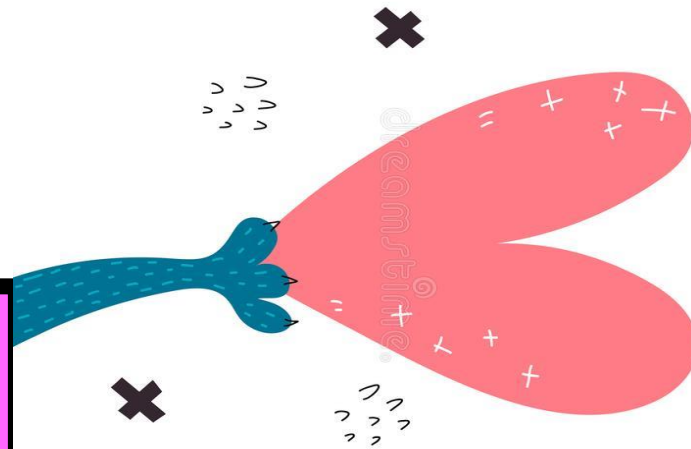
THEREFORE....

- Need to find your *calm everyday!*
- Acknowledge what you can/cannot control
- You have strengthened so much of your coping
- Continue to establish short/long term goals
- Realistic expectations (High vs. Low vs. **NEW**)

- Become aware of your thoughts
- Identify troubling thoughts & feelings which elicit certain actions and behaviours
- Identify which thoughts are negative and challenge the evidence for such thoughts
- Reframe, rechallenge and redirect negative thoughts and feelings.

FIRST....

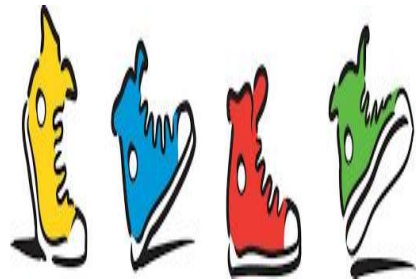
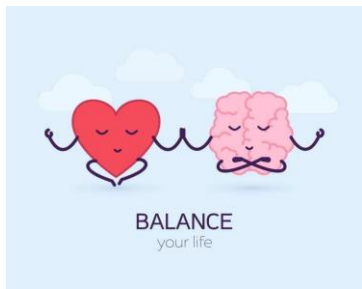
**ALLOW YOURSELF
SELF-COMPASSION
&
PATIENCE**



You will soon understand that **work** is a rubber ball. If you drop it, it will bounce back. But the other four Balls – **Family, Health, Friends and Spirit** – are made of glass. If you drop one of these; they will be irrevocably scuffed, marked, nicked, damaged or even shattered. They will never be the same. You must understand that and strive for it.”



go to
www.fridaysvideo.com



SPIRITUAL	EMOTIONAL	PHYSICAL	PERSONAL	PROFESSIONAL	SOCIAL
<ul style="list-style-type: none"> • MEDITATION • SPIRITUALITY • FAITH • MINDFULNESS • PAUSING • BREAKING • BREATHING • CALMING STRATEGIES 	<ul style="list-style-type: none"> • ACKNOWLEDGE FEELINGS • COMPASSION • GIVING BACK/DOING FOR OTHERS • DAILY 'GIFTS' • MAINTAIN SOME ROUTINES • READING • MUSIC/DANCING • GRATITUDE 	<ul style="list-style-type: none"> • SLEEP • EXERCISE • GROUNDING • DEEP BREATHING • WALKS • NATURE • YOGA • STRETCHING • NUTRITION 	<ul style="list-style-type: none"> • LAUGH!LAUGH !LAUGH! • ACCEPT LIFE IS DIFFERENT <u>RIGHT NOW</u> • NEW EXPECTATION • RECOGNIZE THE FLOW OF GRIEF/LOSS • FOCUS ON RELATIONSHIP • FILL YOUR SOUL 	<ul style="list-style-type: none"> • ENGAING WITH PEERS • CONNECTING WITH PEERS • MAKING PEER SUPPORT GROUPS • RECALL WHY YOU LIKE YOUR WORK • PD; LEARN NEW THINGS 	<ul style="list-style-type: none"> • MAINTAIN CONNECTIONS WITH FRIENDS/FAMILY • MAINTAIN FRIEND VIRTUAL MEETINGS • VOLUNTEERISM • CREATIVE FAMILY ACTIVITIES

Everyone
~~Everyone~~

Cultivating Calm: Self-Care Ideas For ~~Everyone~~ Educators

1 min	5 min	10 min	30+ min
Get Grounded Pause. Feel your feet in your shoes. If seated, lightly push your feet against the floor.	Say Thank You Text a friend, thank them for something they did for you	Journal Write down 10 things you are grateful for.	Phone a Friend Ask them how they are feeling. Share your thoughts and experiences too.
Recall Who is someone that makes you smile? Bring them to mind for a moment or two.	Listen Have a favourite song that you listen to when relaxing? Press play!	Sip. Savour. Prepare and enjoy a cup of your favourite tea or other beverage.	Sweat! HIIT - Run - Weights You Choose.
Do Not Disturb Set your phone to DND when you can. Or just leave it in another room for a while.	Meditate Find a free guided meditation online. Find a style that works for you.	Walk it Out Take a stroll around the block.	Stretch it Out Find a free yoga class online.
Breathe Inhale (5 sec.), Exhale (7 sec). Repeat 3x	Tidy Up Set your timer and take a 5 min break to tidy up your home office or desk.	Dance Have a favourite jam that makes you want to move? Press play. Repeat.	Laugh! Watch a funny movie, show or YouTube video.



BACK TO BASICS---

- **Awareness of Feelings**
- **Deep Breathing & Pausing**
- **Thought Re-Direction (*Visualization*)**
- **Thought Re-Framing (*Positive Self-Talk*)**
- **Thought Re-Challenging (*Goal Setting*)**

TALK. FEEL. BE AWARE. MAKE CONNECTIONS

TALK about feelings and emotions

FEEL

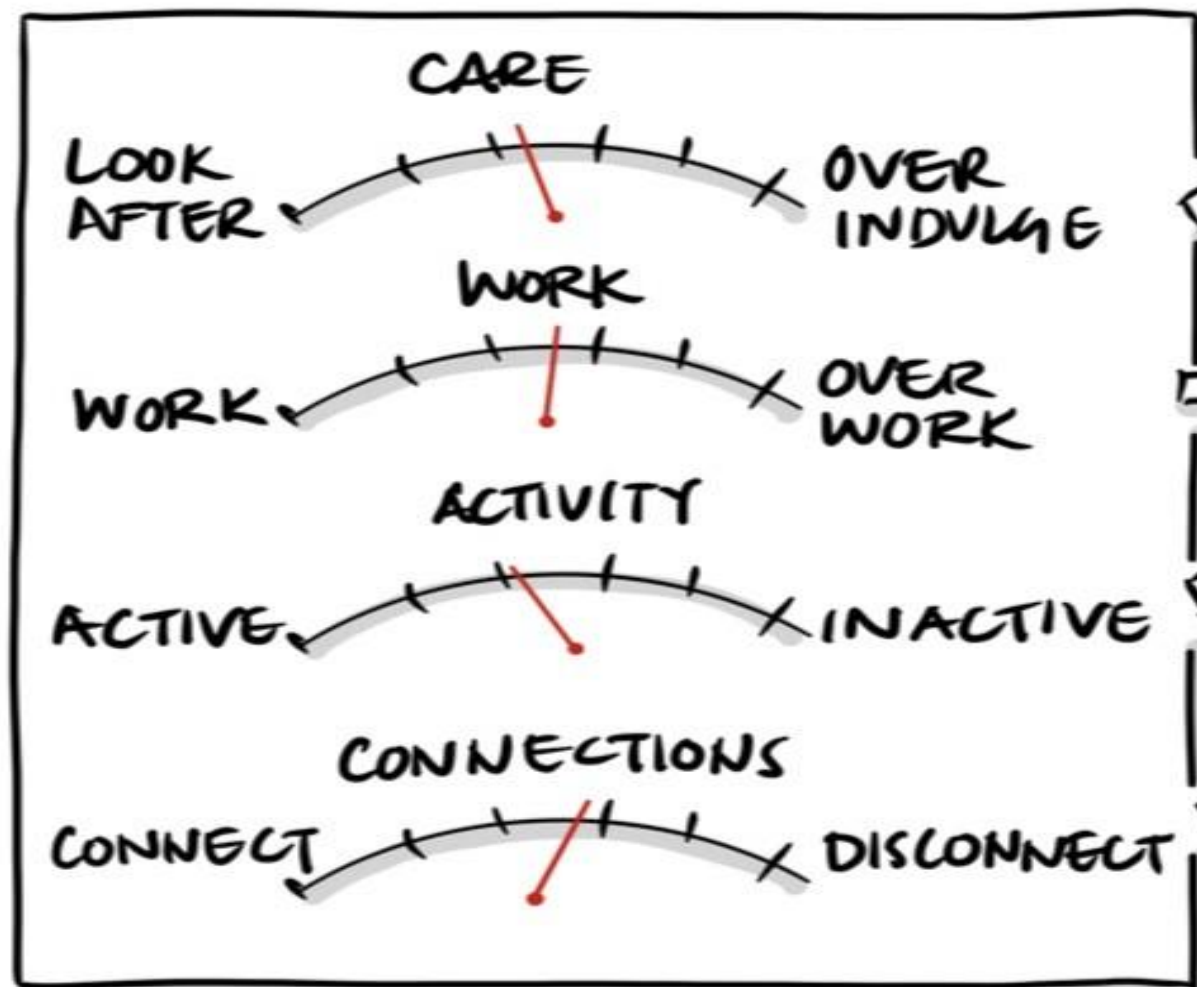
- *How is your body feeling?*
- What happened before you felt this way?
- How did you react/behave?

BE AWARE of your feelings

MAKE CONNECTIONS

to possibly why you are feeling that way

FIND YOUR WAY ALONG THESE CONTINUUMS



CARE FOR YOURSELF + OTHERS. AVOID EXCESS - JUNK FOOD OR ALCOHOL

WHEN WORKING HARD - YOU NEED TO DECOMPRESS

FIND WAYS TO MOVE, CONNECT WITH NATURE + REST

CONNECT TO YOUR VALUES + TRUSTED INFORMATION USE TECH. POSITIVELY + VALUE DISCONNECTION TOO!



I CANNOT CONTROL

I CAN CONTROL
& WILL FOCUS ON THESE

I WILL LET GO OF THESE THINGS

HOW LONG
A CRISIS
WILL LAST

FINDING FUN
THINGS TO DO AT
HOME

IF STORES
RUN OUT OF
SUPPLIES

HOW I FOLLOW
RULES

MY POSITIVE
ATTITUDE

THE ACTIONS
OF OTHERS

HOW OTHERS
REACT

LIMITING MY
SOCIAL MEDIA

MY OWN
SOCIAL DISTANCING

TURNING OFF
THE NEWS

OTHER PEOPLES
MOTIVES

PREDICTING
WHAT WILL
HAPPEN

MY KINDNESS & GRACE

IF OTHERS
SOCIAL
DISTANCE

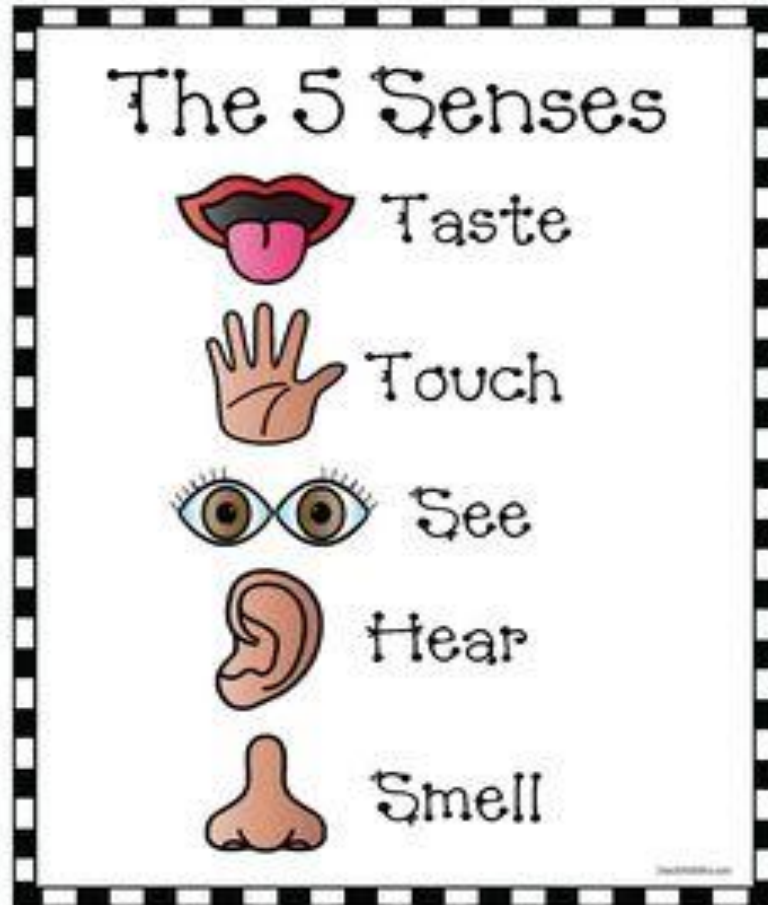
You **CANNOT** do work in the same way you could
pre-pandemic...

It is **NOT** realistic...

it is **NOT** fair to you...

& it does **NOT** indicate incompetence...

DEEP BREATHING/ PAUSING



Four square breathing

breathe in



School
Mental Health
Ontario

Santé mentale
en milieu scolaire
Ontario

GROUNDING

- *What are five things you see around you?*
- *Four things you can touch or feel with your body (e.g., the chair on my back, feet on the floor, fingers on the table)?*
- *Three things you hear (e.g., a car, the clock, the humming of the vent)?*
- *Two things you smell or taste (or like to smell and taste)?*
- *And ask them to take one mindful breath*

Thought RE-DIRECTION (*Visualization*)

Focus on something TO DISTRACT

- replay a happy memory
- focus on something you're looking forward to
- imagine yourself somewhere that calms you
- picture your favorite happy place
- Connect with people
- Watch something funny—LAUGH!!



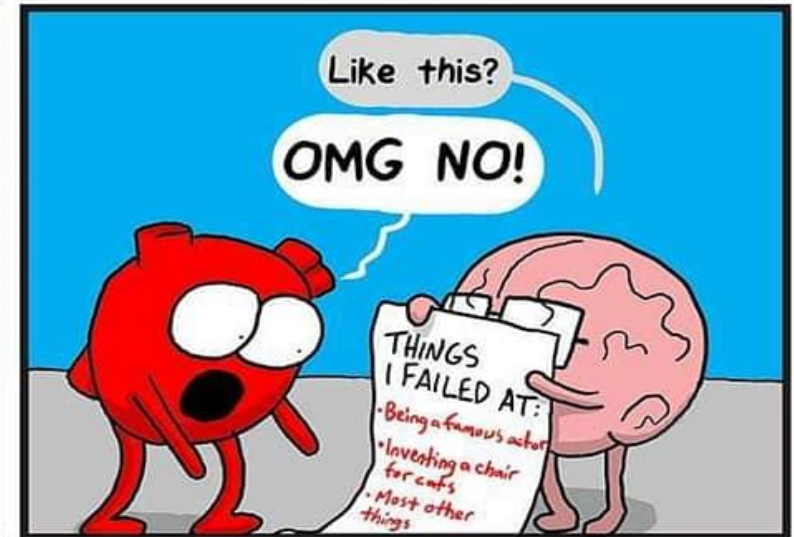
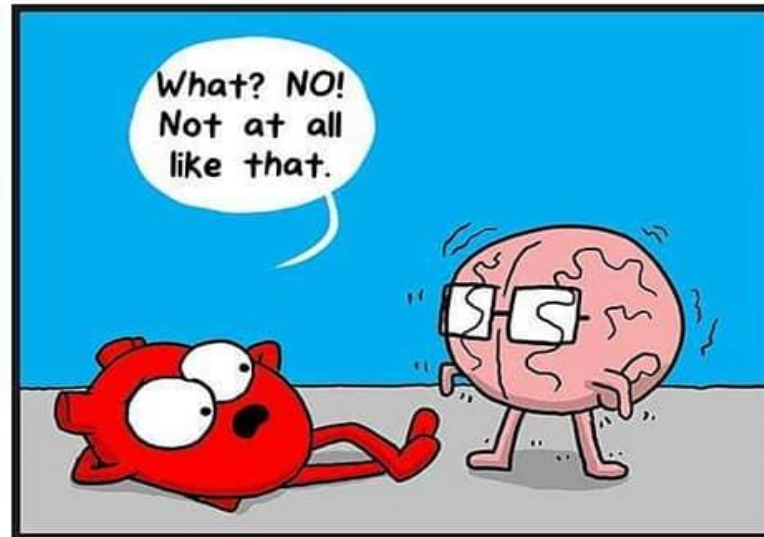
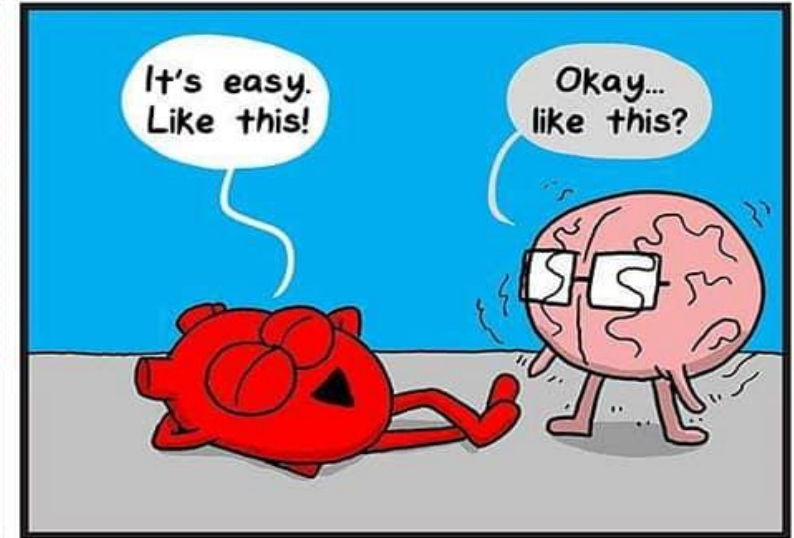
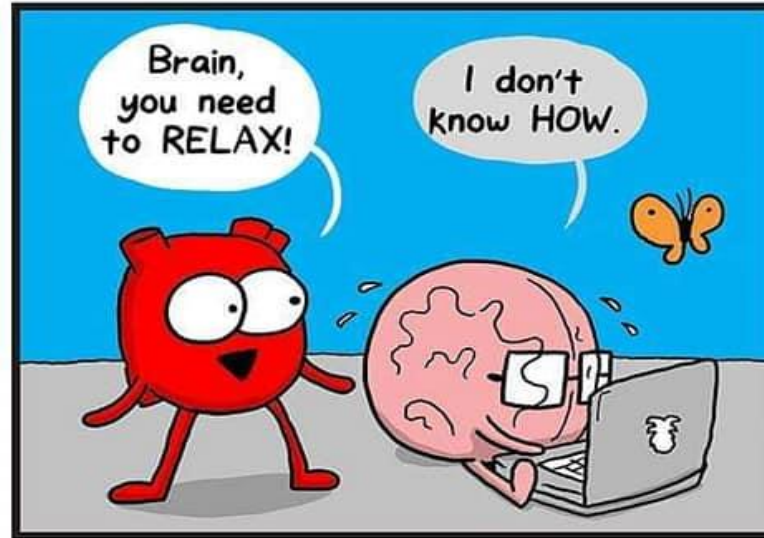
Positive action

- Write in a gratitude journal
- Move your body! Do your favorite exercise
- Get creative! Paint, draw, doodle, or color a mandala
- Write a story or letter

Thought RE-FRAMING *(positive self-talk)*

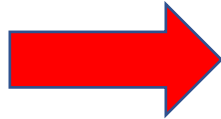
Power of:

- ❑ “yet...”
- ❑ “at this time...”
- ❑ “right now...”



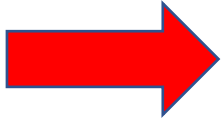
FIXED VS. GROWTH MINDSET

Instead of *"I'm not good at this"*



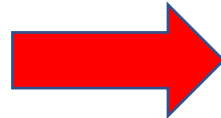
"I can figure this out."

Instead of *"I give up"*



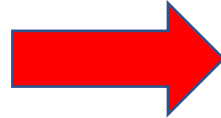
"I am going to try something different."

Instead of *"This is too hard"*



"This might take some time to solve."

Instead of *"I made a mistake"*



"Mistakes lead to learning."

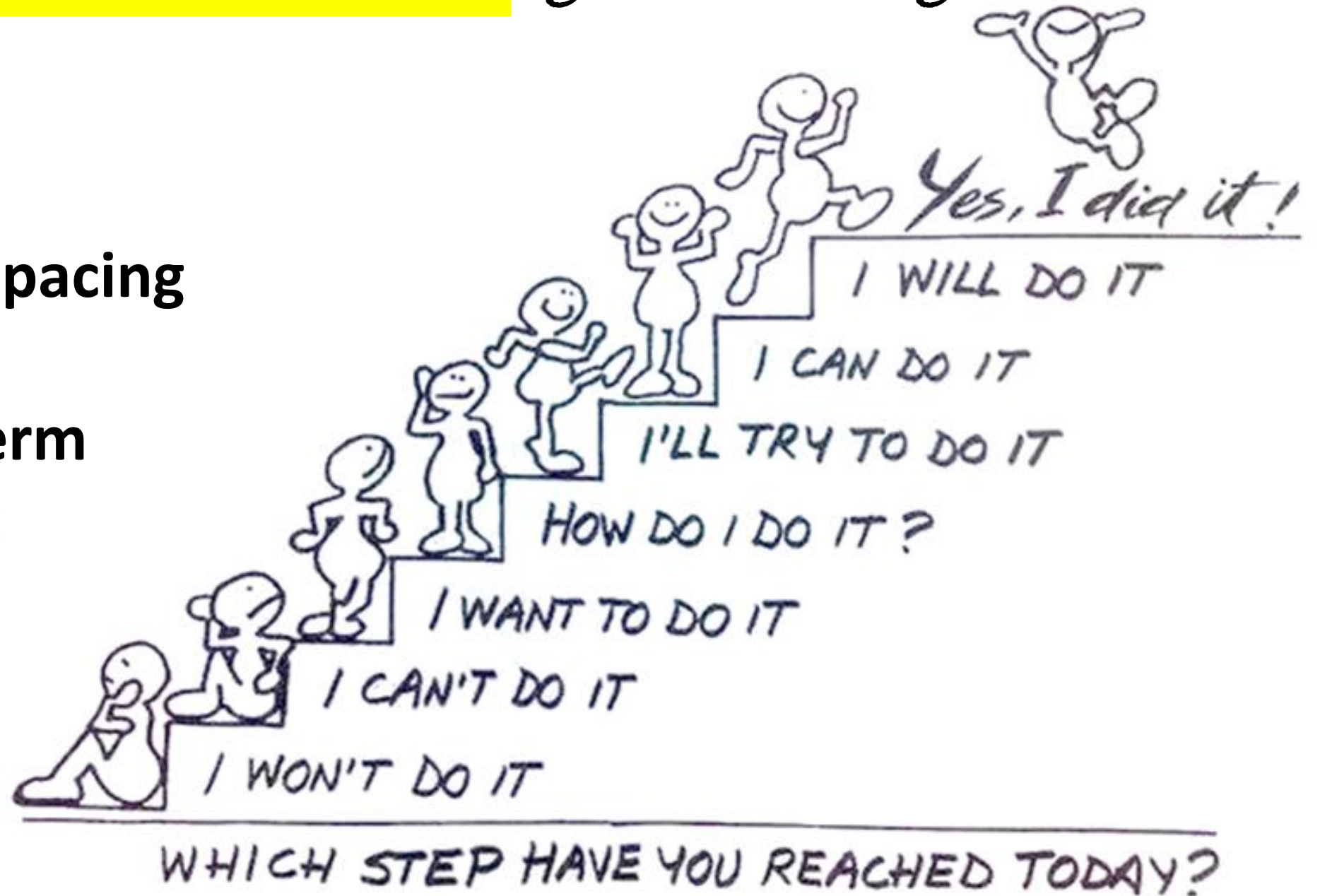
Instead of *"I can't do this"*



"I am going to train my brain to do something new."

Thought RE-CHALLENGING (goal setting)

Small steps...pacing
& keeping
short/long term
goals in sight



RESILIENCE

"THE ABILITY TO WITHSTAND AND REBOUND FROM ADVERSITY"
F. Walsh

INDIVIDUAL RESILIENCE

RELATIONAL RESILIENCE



STRESS + CRISES CHALLENGE US,
BUT THEY DON'T NECESSARILY
DAMAGE US.

HOW TO KEEP ON, KEEPING ON...

- BE FLEXIBLE. ABLE TO CHANGE, REORGANISE + FIT CHALLENGES OVER TIME
- RESPECT INDIVIDUAL (+ YOUR OWN) NEEDS, DIFFERENCES + BOUNDARIES. PAY ATTENTION
- KEEP CONNECTED. MUTUAL SUPPORT + COLLABORATION
- KEEP IN TOUCH WITH YOUR VALUES + WHAT IS IMPORTANT TO YOU
- DON'T FORGET THERE IS A WHOLE WORLD OUT THERE - AND YOU ARE PART OF IT
- COMMUNICATE. TALK TO PEOPLE
- REST. DO SOMETHING COMPLETELY DIFFERENT
- SEEK HELP IF YOU NEED IT



Stress (Grief+ Compassion Fatigue+ Burnout)

=RECLAIMING YOUR CALM/RESILIENCE





RESOURCES

[COVID-19: Mental Health Resources](#)

[Morneau Shepell Employee Family Assistance Program](#)

[TDSB Staff Resources](#)

[BounceBack](#)

[Staff Wellness Workout Mornings Calendar \(VPN required\)](#)

[Wellness Clips on KeyToLearn](#)

[Home Workstation Ergonomics.pdf](#)

[GTA-Culturally Responsive/Relevant Resources](#)

<https://www.utm.utoronto.ca/health/resources/gta-mental-health-resources-culturally-specific>

[Mental Health Lit Course](#) (6 hours/6 1 hour Modules)

<https://smho-smso.ca/educators/learn-more/mh-lit-online-course/>

[Educator and Student Well-Being Kit](#)

https://docs.google.com/presentation/d/1L3D4tuvtXLdh53NXOkAx93-8o_veqXOrZSdsdisD3w/edit#slide=id.p

[Educator Well-Being Kit](#)

https://docs.google.com/presentation/d/1zsfpivmlw_Yy2zXCRE2q8hzsq5G1xB5dTRjQtrHxqA/edit#slide=id.p



Free Mental Health Apps...

AbilitiCBT-Morneau Shepell

<https://myicbt.com/home>

CAMH Apps.

<https://www.camh.ca/en/health-info/mental-health-and-covid-19/information-for-professionals/apps-for-mental-health>



"ALMOST EVERYTHING WILL WORK
AGAIN IF YOU *unplug* IT
FOR A FEW MINUTES, INCLUDING YOU."

— ANNE LAMOTT

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Thank You