You can't calm the storm, so stop trying. What you can do is calm yourself. The storm will pass. — Timber Hawkeye

How teachers can create a MENTAL HEALTH FRIENDLY SCHOOL

1. ROLE MODEL
   Role model positive behaviours and share with students how you look after your mental health

2. PRAISE
   Praise students when they speak openly about their feelings and mental health

3. WORKSHOPS
   Run regular workshops where students can learn skills to improve their mental health (e.g. yoga, deep breathing)

4. SUPPORT
   Be there for students and offer emotional support. Listen to their needs

5. LESSON TIME
   Connect mental health to topics that are taught on the curriculum

6. PARENTS
   Involve parents in what you are trying to achieve so the same lessons can be applied at home

7. EDUCATION
   Learn more about mental health including spotting signs and symptoms and where to go for extra support (Referrals)

8. STAFF
   Support staff and colleagues. Help each other to reduce pressure and stress

9. PHYSICAL
   Highlight the importance of physical health (e.g. sleep, diet, exercise)
HOW TEACHERS CAN SUPPORT EACH OTHER'S MENTAL HEALTH

@BELIEVEPHQ

- Check in with your colleague on a regularly basis. Ask them how they are feeling.
- Get some feedback from your colleagues on how they are coping with their workload.
- Work towards developing a mental health friendly environment.
- Work together to reduce stress and pressure.
- Spend some time to develop your coping skills as a team.
- Praise and encourage teachers to talk about their thoughts and feelings.
- Make sure your colleagues are looking after their physical wellbeing (sleep, food, exercise).
- If a colleague is struggling with their mental health offer to work with them to get the right help and support in place.
Parents: How to Look After Your Own Mental Health

Keep Calm and Parent On

Creating a balance of work, distance learning at home, child care and simply maintaining a positive home environment can certainly be a challenge! Taking care of your children and yourself can be worrisome and a struggle at times. Here are some hints to remind you about self-care.

- Take care of yourself – before you can begin to take care of others. Be kind to yourself and others! We are all in this together.
- Stay connected with family, friends and neighbors with whom you trust with phone calls or visits maintaining physical distance. Share feelings and seek appropriate help as needed.
- Develop a routine or structure to your day
- Help others, make a card, reach out to a lonely neighbor or phone a friend.
- Eat a healthy and well-balanced meals. Share meals together as a family when possible. Include children in meal preparation and clean up.
- Develop a routine sleep pattern to include turning off screens at least an hour before bed.
- Alternate distance learning lessons with hands on learning activities.
- Stay positive, you can do this! Today is a great day and tomorrow will be even better!
- Take breaks from watching the news. Limit news and especially the messaging which may cause fear and anxiety for children.
- Take care of your physical and mental health. Keep track of your stressors. If anxious, depressed or fearful, consult a professional for guidance. There are many community organizations available to help.
- Start a daily exercise routine, or multiple times of the day for brain breaks. Take a walk, virtual dance or yoga.
- Remember to take a deep breath! Unwind, relax, meditate, try something new.

Brought to you by NBISD HEALTH SERVICES DEPARTMENT

Self Care is Giving the World The Best of You Instead of What’s Left of You ~ Katie Reed
**Practice Wellness: Mental, Physical, Emotional....**

By incorporating healthy habits and use of coping skills in your everyday life, you are working to improve your mental, physical and emotional wellbeing.

- Emotional wellness involves developing an awareness of your feelings and your response to everyday interactions. This awareness allows you to better understand why you are feeling that way and can actively respond to your feelings.
- Physical wellness is the ability to maintain a quality of life that allows you to get the most out of your daily activities without undue fatigue or physical stress. Physical wellness recognizes that our daily habits and behaviors have an impact on our overall health, well-being and quality of life.
- According to the World Health Organization, mental wellness is defined as “a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.”

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**COPING TOOLBOX**

- FREE PRINTABLE COPING SKILLS CARDS.
- BUBBLES (FOR DISTRACTION AND DEEP BREATHING)
- SMALL PAD OF PAPER AND PEN (TO WRITE OR RIP UP SHREDS OF PAPER)
- SMALL COLORING BOOK AND COLORED PENCILS
- FIDGIT TOY
- STRESS BALL
- JOURNAL
- PICTURES OF FAMILY OR FRIENDS

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**My Coping Skills**

1. Deep Breathing
2. Count to 100
3. Think about your goals
4. Read a book
5. Write it down

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**Deep Breathing**

1. Lay down on the ground
2. Put your hands on your belly
3. Breathe in slowly through your nose
4. Breathe out slowly through your mouth

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www.americanmentalwellness.org and https://shcs.ucdavis.edu/
Coping Skills Cards:

Make a list: 5 funny memories

Listen to music

Ask for a hug

List animals with the ABC's
Go for a walk

Draw or paint your feelings

Call someone you love

Take a nap
Write a letter

Read a book