



Mental health activities for school staff

Partnership for Children promotes good mental health for children – for life.

We offer a series of school-based programmes to help young children around the world to communicate effectively, cope with their anxieties and difficulties, and to develop skills for life.

We provide resources for teachers, parents and carers, giving them the information and tools they need to support their children.

However, it is important to look after your own wellbeing as well as promoting the positive mental health of your pupils.

Therefore, the activities we have produced in this document aim to develop the coping skills of teachers and school staff.

These can be used individually but could also be used during supervision or a wellbeing staff meeting.



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www.partnershipforchildren.org.uk

COPING WITH STRESS

A tool to reflect on what makes you stressed but also to develop your own positive solutions to these stressors.

WHAT MAKES ME STRESSED?



EXAMPLES: Too much to do, noise, lack of sleep

HOW DO I REACT TO BEING STRESSED?





EXAMPLES: Get angry, cry, exercise

WHAT OTHER POSITIVE COPING STRATEGIES COULD I TRY?



EXAMPLES: Relaxing, reading, playing with my children

WHAT WOULD I LIKE OTHERS TO KNOW OR DO?



EXAMPLES: Give me some space, ask me if they can help

GOOD DAY, BAD DAY

Notice the differences between the good and the bad day you described. Use ideas from your good day to help you cope with the more difficult days.

DESCRIBE A GOOD DAY



DESCRIBE A BAD DAY



WHAT MADE THIS DAY GOOD?



WHAT DID YOU DO?



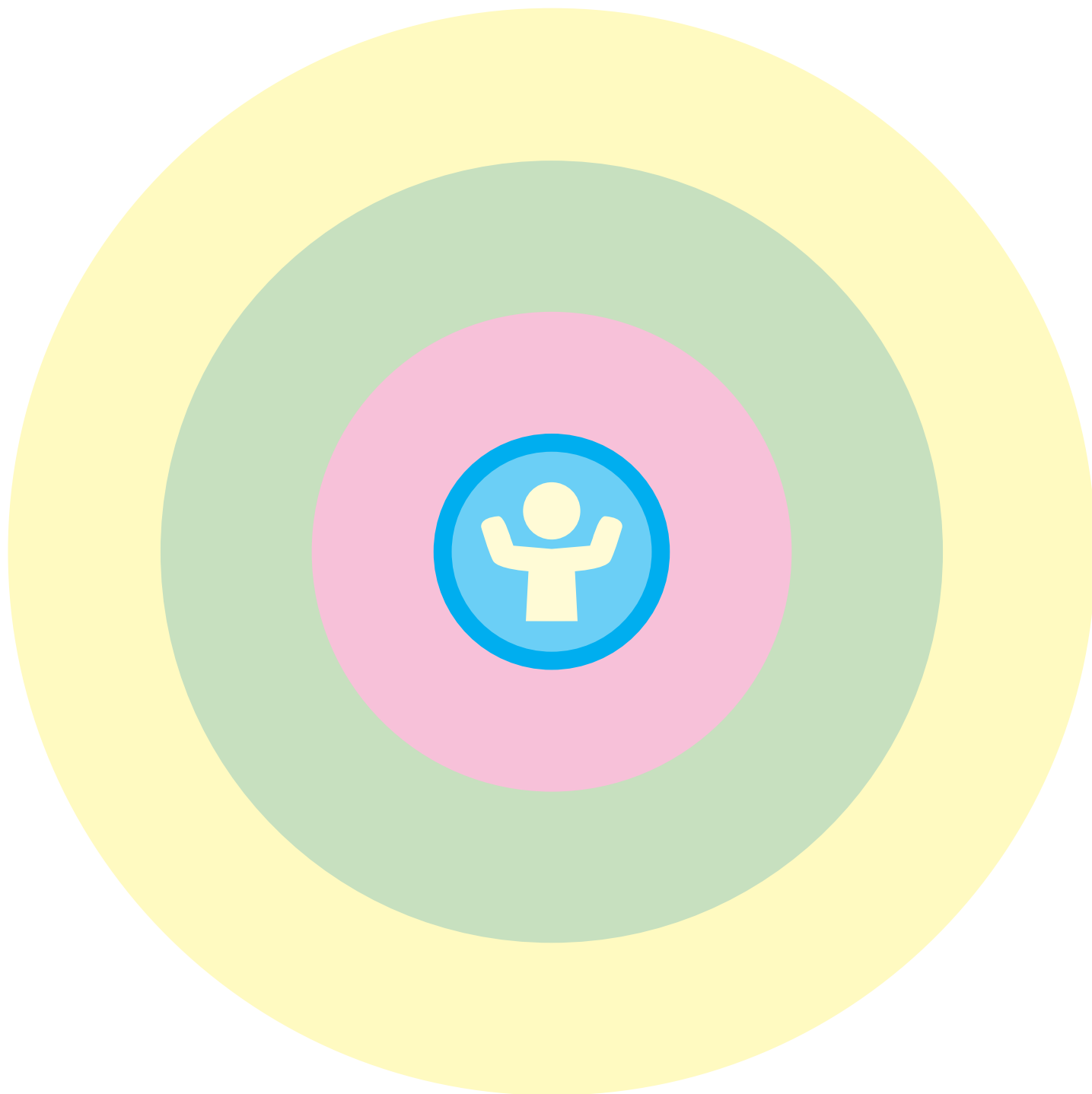
WHAT DID OTHERS DO?



CIRCLES OF SUPPORT

Think about the people that help and support you. Look at people in all areas of your life who can help you to feel mentally well and emotionally healthy.

Think about family, friends, colleagues, acquaintances and organisations. Which circle you put them in depends how close you are to them.



This will help you to know who to ask for support in different situations and a reminder that don't have to cope alone – you can ask for help.

RELAXATION EXERCISES

Find a comfortable and quiet place, away from distractions.

VISUALISATION



Think of a place or situation that you find relaxing, for example on a beach, walking in nature etc. Use your imagination to visualise every small detail of this calming place, think about what you are experiencing through each of your senses.

Notice how far away you feel from stress and anxiety.

DRAWING



Take a piece of paper and draw freely, maybe starting with a large circle or random scribble. Keep drawing without taking your pen or pencil off the page. Focus on the drawing and the sensations in your body. You may want to add colour after you have finished.

This activity gives you the opportunity to free your mind from what you are worrying about and focus on something else. It doesn't matter what you draw, you don't have to worry about creating a masterpiece!

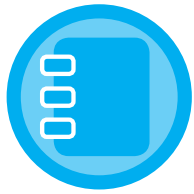
BREATHING



A calming breathing technique to make part of your daily routine.

Sit, stand or lie in a comfortable position. Breathe in through your nose whilst counting to 7, then let it flow out through your mouth for another count of 11. Repeat for 3-5 minutes.

MOOD JOURNAL



Managing emotions is a challenge everyone faces. A mood journal will help you to identify and recognise your emotions but more importantly understand causes and triggers in order to develop your coping skills.

SITUATION	EMOTIONS	RATE INTENSITY 0-100	HOW DID I REACT (POSITIVE OR NEGATIVE), WHAT COULD I HAVE DONE?
At work, lunchtime, criticised by a colleague	Angry, Embarrassed	Angry = 90 Embarrassed = 50	I walked away but worried about it all day. It made me angry with everyone at home.

COPING STRATEGIES

Here are some examples of positive coping strategies.

What works for you? Add your own to this toolbox.



PHYSICAL

Deep breathing

Sleep

Exercise

COGNITIVE

Write a list of strengths

Think about positive memories

DIVERSIONS

Reading

Go for a walk

Watch TV

SOCIAL

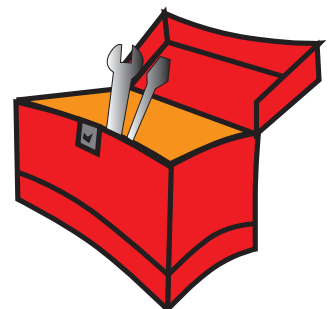
Talk to somebody

Play with a pet

Laugh

Pray

Cry



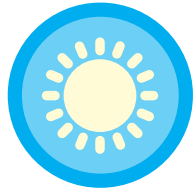
STAFFROOM FEELINGS TREE



Encourage the team to anonymously write how they are feeling on the branches of the tree. Use this as a prompt to start open discussions during staff wellbeing meetings.



GRATITUDE DISPLAY



Create a gratitude display for staff to post positive comments and messages of thanks using the sentence starter cards below.

Thank you to

I am grateful for

I appreciate

I feel supported when

It makes my day when



MORE SUPPORT



If you think you need more support for your mental and emotional health, here are some suggestions of organisations to get in contact with.



**Education
Support**
Partnership

The Education Support Partnership

08000 562 561

www.educationsupportpartnership.org.uk



Samaritans

116 123

www.samaritans.org



Sane

0300 304 7000

www.sane.org.uk/support



Mind

0300 123 3393

www.mind.org.uk