
BE WELL

SEPT 2020



SD.22

ISSUE 4: SELF-COMPASSION

WELCOME...

S E P T 2 0 2 0



In this monthly newsletter I hope to offer you useful, current information and resources to help support your personal and professional wellbeing so that you can focus on the many other important pieces going on in your life right now!

There are a few key points that I am basing the content and ideas that I share with you through this first issue and those yet to come. Firstly, some of the most meaningful steps towards nurturing wellbeing are small incremental changes that we can build on over time. Secondly, stress has a way of crossing terrain from one area of life into another. Therefore the many areas of our life are interdependent and strengthening one area has positive effects on the others.

Perhaps most relevant to the current pandemic, is the idea that we are less prone to stress and burnout when we feel like we have the skills, resources and support we need to respond to our workplace and personal demands in a meaningful way.

A prevalent theme I have been hearing from families and staff alike, is how to respond to questions and comments about Covid-19 in a helpful way. In response to this expressed interest I have put together some ideas and resources for communicating with staff, students and families about COVID-19. Attached here you will find a staff version as well as a more succinct caregiver version for providing to families.

I welcome all thoughts, feedback and topic request for future issues, and am grateful to be part of such an amazing and strong workplace community!

Sincerely,

Kristen Zuest RCC, DVATI, MC:AT

Mental Health & Healthy Promoting Schools Liaison SD.22 Vernon
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One Busy Month!

I know people are tired because there has been a lot of uncertainty.

And because a lot of your time and energy has gone into finding solutions to new problems.

And because the world feels weird right now as we keep adjusting within changing limitations.

BUT...

We did it!

We got through

September together!

A WARM HELLO & THANK YOU!

It's been really exciting to connect with more of you personally as I've been out and about in the schools, at some in-person meetings and hosting some talks and trainings on mental health and wellbeing. I've even received some precious ideas on what people want to see in this newsletter and I'm grateful to be able to incorporate the thoughts of our staff community. Keep them coming!

If you have a topic you are passionate about and want to write a short article or an uplifting story to share, please feel welcome to reach out to me. We have such a skilled community of staff here at SD.22 and I know so many of you have a lot to offer on matters of mental health and wellbeing. Please send to kzuest@sd22.bc.ca.



Welcome back to those of you that were off or on vacation during the summer. The fact that September was a whirlwind seems like a unanimous opinion no matter the department or position. This is my first September at SD.22 and I was really amazed by all of the grit and perseverance people put into making sure our students had the safest and most positive start up possible. I've spoken to many of you and know that, while you made it look smooth and seamless, it was both exhausting and rewarding work!

This issue I've decided to focus on the skill that I think is most likely to help heal and prevent burnout. The 2020/21 school year isn't a sprint (unless you consider 10 months a short burst!) it is a marathon and your health and wellbeing are like water. You need it in order to keep going.

Building self-compassion can be one of your best defenses against stress and burnout. You are likely to experience fewer negative emotions and stay emotionally balanced in difficult situations. There is great research showing that self-compassion helps prevent emotional exhaustion and burnout among educators as well as other professions!

USING SELF-COMPASSION TO STAY AFLOAT

I'm increasingly inspired by the research coming out about the amazing effects of self-compassion, meaning our ability to practice forgiveness and understanding to ourselves, and to see errors we make as a natural part of going through life. Self-Compassion is about recognizing that we aren't perfect and being okay with the fact that we have "flaws" or can't do everything just right all of the time. It's understanding that we are just humans, doing our best with the skills, tools and supports we have and that past mistakes were our best attempt to get through tricky situations with the abilities and energy we had at the time. Ultimately, self-compassion means coming to believe that we have worth and value just as we are, that we are enough.

TOUGH PILL TO SWALLOW?

If your inherent reaction to the above involves nausea and/or eye rolling, don't worry, I get it! I too was like "what do you mean I have value just for existing" as opposed to having value for what I "do" and for the roles I play in the lives of other people. These notions didn't fit with the messages I had been receiving since I was a child, and some of them are hard for me to really embrace even today. If we want to be truly inclusive, we have to extend human value beyond productivity, and we need to see both others and ourselves as having value separate from our jobs, roles as a parent, and what we are accomplishing.



Because the thing is...

LOT'S OF US HAVE HAD TO ADJUST

We have had to adapt as the world changes around us and many of us have become depleted in new and unexpected ways. We have either lost roles that were important in making us feel valuable, or we have at the very least felt less effective in some ways. This is a prime time to get good at self-compassion because there are lots of opportunities to feel like we aren't good enough right now. With many things feeling harder and more complicated, these are great chances to practice maintaining a mindset of self-compassion! Being compassionate to yourself means prioritizing rest, even if it means you get behind on something else.

It's recognizing that you might have less patience when you are under stress and making amends and then reminding yourself that you aren't going to respond perfectly all of the time. Sometimes self-compassion is reminding yourself that you are doing your best and that is good enough even if things don't turn out as hoped and that you can't be the "best version" of yourself all the time, because that isn't realistic or sustainable.

I'm going to turn to a leader in the field of self-compassion (yes that's a thing!) and pass along some teachings from Dr. Kristen Neff.

It's a Process

I started learning about and experiencing the positive effects of intentionally building my self-compassion many years ago when I was working with people who had lost most of what was important to them due to struggles with problematic substance use and addiction. I had learned that the more shame, judgement, and negativity they directed towards themselves, the more likely it was that they would keep misusing substances. I truly saw that they didn't want to be hurting the people that cared about them, but as the saying goes "hurt people hurt people." I then reflected on the role that self-compassion played in my life and realized I was missing out! One of the most valuable pieces I learned was that even though we

can't always see ourselves in a flattering light, we can call to mind what someone who we know really loves us would say to boost us up, even if they are no longer with us. Building self-compassion might involve more exercises that instruct you to talk to yourself than you are comfortable with (I get it, some of the activities feel weird), BUT, we can always call on the memory or words of a beloved friend or family member instead when our self-criticism is running amok.

While I do have living family and friends I can physically phone, I like to call on the memory of my grandmother sometimes. She was a cheerful charismatic woman who gave the best words of encouragement... and hugs! I have those on repeat.

You can even try this with your students, or anyone else you are supporting. Ask them what their best friend would say, or have them remember a time someone made them feel really good. Get details! The more immersed they are in this memory the better. You might ask them to recall the last time they had a great hug and how that felt. You might ask them what their "person" would say to help them through their current struggle. Their brain will release the precious neurochemicals it needs to overcome the moment of feeling low. I bet if we all saw ourselves through the eyes of the people who love us most we would feel pretty great about ourselves!

Your time is valuable, which is why the exercises and tools offered here are chosen carefully. They are researched and shown to be helpful for many people.



REMEMBER :

You aren't alone in feeling imperfect, or in doubting yourself. Rather than falling into withdrawing from others, or even lashing out at others when you are struggling to feel like you are enough, remember that we are all in this together.

While I don't subscribe to that old saying that you can't love other people unless you love yourself, the research is clear that when we are more compassionate with ourselves, we become more compassionate and are gentler with others!

Think, when we are in a mindset that is aimed at finding flaws, we are more prone to noticing flaws wherever we go, in others and ourselves!

The Self-Compassion Scale

If you want to find out where you are at with self-compassion, there is a way! Tools such as the Self-Compassion Scale are used to research self-compassion and can be a great help in offering you a snapshot of what areas you are doing strongly in and what aspects of self-compassion could use some attention.

The Self-Compassion Scale (SCS) is a 26 question survey created to assess the different factors that make up self-compassion. It measures self-kindness vs self-judgement, common humanity vs isolation and mindfulness vs over identification. Taken from self-compassion.org:

Research using the Self-Compassion Scale has shown that having more self-compassion Improves self-reported emotional well-being in adolescents and adults (Bluth & Blanton, 2012).

Reduces self-judgment, feelings of isolation, and over-identification (Neff, 2016).

Mediates the impact of body dissatisfaction and unfavorable social comparisons on psychological quality of life (Duarte, Ferreira, Trindade, & Pinto-Gouveia, 2015).

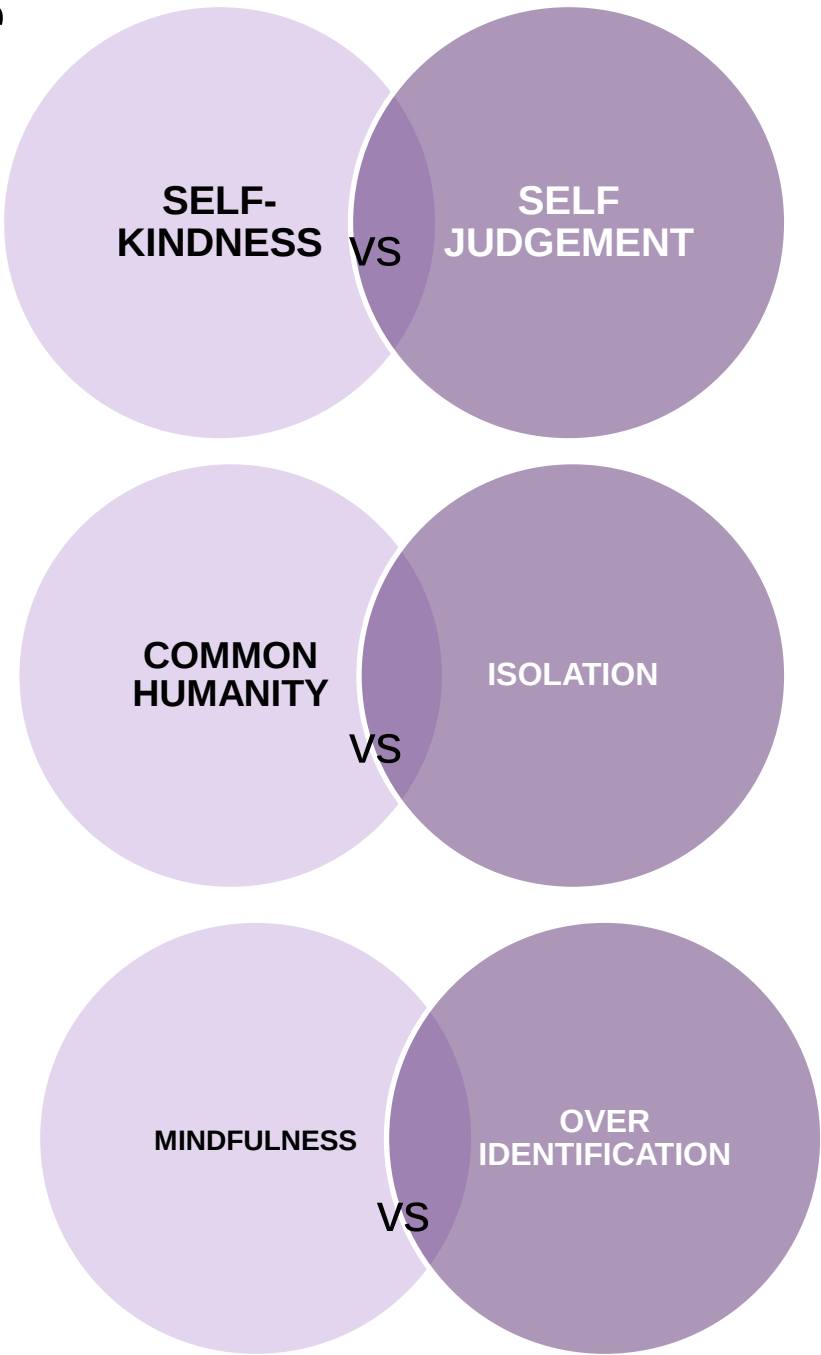
Can assist in the reduction of compassion fatigue and burnout in practitioners and caregivers (Beaumont, Durkin, Martins, & Carson, 2015).

Significantly reduces shame-proneness, irrational beliefs, and symptoms of social anxiety (Candea & Tatar, 2018).

Is negatively associated with procrastination and maladaptive perfectionism (Barnard & Curry, 2011).

Results in more motivation to change for the better, try harder to learn, and avoid repeating past mistakes particularly with health-related behaviors such as sticking to a diet, quitting smoking, or starting a fitness regimen (Germer & Neff, 2013).

The Self-Compassion Scale is a completely free resource and has been translated into 18 languages including; Dutch, French, German, Greek, Turkish, Italian, Portuguese, Brazilian Portuguese, Spanish, Japanese, Korean, Chinese.



SELF KINDNESS IS being warm and understanding toward ourselves when we suffer, fail or feel inadequate, rather than punishing ourselves with self-criticism. Self-compassionate people recognize that failure is inevitable and are more gentle on themselves when confronted with distressing and unpleasant experiences rather than getting angry when things don't work out.

COMMON HUMANITY IS recognizing that challenges and personal failures are something we all share. They are part of the human experience. In this way, self-compassion helps us understand that suffering is something we all go through and thus helps us navigate feelings of isolation (Neff 2003).

MINDFULNESS IS paying attention to the present moment with complete acceptance of thoughts, feelings, and bodily sensations. We cannot ignore our pain and feel compassion for it at the same time

Take the Self-Compassion Scale

Try it out!

<https://self-compassion.org/test-how-self-compassionate-you-are/>

This link will take you to a website that will use your answers to 26 questions to calculate your score in the three areas of self compassion.

Maybe you are convinced that you could use a bit more self-compassion in your life, or maybe you are still wondering what would happen to your motivation if you stopped being so hard on yourself. Either way, here are five of the nearly twenty free exercises on self-compassion.org that you can try, and see if they help you feel more balanced during these times of high stress, but before you begin the bigger ones, see if you can start small by approaching situations from the following mindset:

- Perceiving your shortcomings as natural aspects of the human condition;
- Viewing your difficulties as “a part of life that everyone goes through”; and
- Reminding yourself that others also feel like they aren’t good enough sometimes

Exercise 1: How would you treat a friend?

<https://self-compassion.org/exercise-1-treat-friend/>

Please take out a sheet of paper and answer the following questions:

First, think about times when a close friend feels really bad about him or herself or is really struggling in some way. How would you respond to your friend in this situation (especially when you’re at your best)? Please write down what you typically do, what you say, and note the tone in which you typically talk to your friends.

Now think about times when you feel bad about yourself or are struggling. How do you typically respond to yourself in these situations? Please write down what you typically do, what you say, and note the tone in which you talk to yourself.

Did you notice a difference? If so, ask yourself why. What factors or fears come into play that lead you to treat yourself and others so differently?

Please write down how you think things might change if you responded to yourself in the same way you typically respond to a close friend when you’re suffering.

Why not try treating yourself like a good friend and see what happens?

Exercise 2: Self-Compassion Break

<https://self-compassion.org/exercise-2-self-compassion-break/>

Think of a situation in your life that is difficult, that is causing you stress. Call the situation to mind, and see if you can actually feel the stress and emotional discomfort in your body.

Now, say to yourself:

1. This is a moment of suffering

That's mindfulness. Other options include:

This hurts.

Ouch.

This is stress.

2. Suffering is a part of life

That's common humanity. Other options include:

Other people feel this way.

I'm not alone.

We all struggle in our lives.

Now, put your hands over your heart, feel the warmth of your hands and the gentle touch of your hands on your chest. Or adopt the soothing touch you discovered felt right for you.

Say to yourself:

3. May I be kind to myself

You can also ask yourself, "What do I need to hear right now to express

kindness to myself?" Is there a phrase that speaks to you in your particular situation, such as:

May I give myself the compassion that I need

May I learn to accept myself as I am

May I forgive myself

May I be strong.

May I be patient

This practice can be used any time of day or night, and will help you remember to evoke the three aspects of self-compassion when you need it most.

Exercise 3: Exploring self-compassion through writing

<https://self-compassion.org/exercise-3-exploring-self-compassion-writing/>

Part One: Which imperfections make you feel inadequate?

Everybody has something about themselves that they don't like; something that causes them to feel shame, to feel insecure, or not "good enough." It is the human condition to be imperfect, and feelings of failure and inadequacy are part of the experience of living a human life. Try writing about an issue you have that tends to make you feel inadequate or bad about yourself (physical appearance, work or relationship issues...) What emotions come up for you when you think about this aspect of yourself? Try to just feel your emotions exactly as they are – no more, no less – and then write about them.

Part Two: Write a letter to yourself from the perspective of an unconditionally loving imaginary friend

Now think about an imaginary friend who is unconditionally loving, accepting, kind and compassionate. Imagine that this friend can see all your strengths and all your weaknesses, including the aspect of yourself you have just been writing about. Reflect upon what this friend feels towards you, and how you are loved and accepted exactly as you are, with all your very human imperfections. This friend recognizes the limits of human nature, and is kind and forgiving towards you. In his/her great wisdom this friend understands your life history and the millions of things that have happened in your life to create you as you are in this moment. Your particular inadequacy is connected to so many things you didn't necessarily choose: your genes, your family history, life circumstances – things that were outside of your control.

Write a letter to yourself from the perspective of this imaginary friend – focusing on the perceived inadequacy you tend to judge yourself for. What would this friend say to you about your "flaw" from the perspective of unlimited compassion? How would this friend convey the deep compassion he/she feels for you, especially for the pain you feel when you judge yourself so harshly? What would this friend write in order to remind you that you are only human, that all people have both strengths and weaknesses? And if you think this friend would suggest possible changes you should make, how would these suggestions embody feelings of unconditional understanding and compassion? As you write to yourself from the perspective of this imaginary friend, try to infuse your letter with a strong sense of his/her acceptance, kindness, caring, and desire for your health and happiness.

Part Three: Feel the compassion as it soothes and comforts you

After writing the letter, put it down for a little while. Then come back and read it again, really letting the words sink in. Feel the compassion as it pours into you, soothing and comforting you like a cool breeze on a hot day. Love, connection and acceptance are your birthright. To claim them you need only look within yourself.

Exercise 4: Changing your critical self-talk

<https://self-compassion.org/exercise-5-changing-critical-self-talk/>

This exercise should be done over several weeks and will eventually form the blueprint for changing how you relate to yourself long-term. Some people find it useful to work on their inner critic by writing in a journal. Others are more comfortable doing it via internal dialogues. If you are someone who likes to write things down and revisit them later, journaling can be an excellent tool for transformation. If you are someone (like me) who never manages to be consistent with a journal, then do whatever works for you. You can speak aloud to yourself, or think silently.

The first step towards changing the way to treat yourself is to notice when you are being self-critical. It may be that – like many of us — your self-critical voice is so common for you that you don't even notice when it is present. Whenever you're feeling bad about something, think about what you've just said to yourself. Try to be as accurate as possible, noting your inner speech verbatim. What words do you actually use when you're self-critical? Are there key phrases that come up over and over again? What is the tone of your voice – harsh, cold, angry? Does the voice remind you of any one in your past who was critical of you? You want to be able to get to know the inner self-critic very well, and to become aware of when your inner judge is active. For instance, if you've just eaten half a box of Oreo's, does your inner voice say something like "you're so disgusting," "you make me sick," and so on? Really try to get a clear sense of how you talk to yourself.

Make an active effort to soften the self-critical voice, but do so with compassion rather than self-judgment (i.e., don't say "you're such a bitch" to your inner critic!). Say something like "I know you're worried about me and feel unsafe, but you are causing me unnecessary pain. Could you let my inner compassionate self say a few words now?"

Reframe the observations made by your inner critic in a friendly, positive way. If you're having trouble thinking of what words to use, you might want to imagine what a very compassionate friend would say to you in this situation. It might help to use a term of endearment that strengthens expressed feelings of warmth and care (but only if it feels natural rather than schmaltzy.) For instance, you can say something like "Darling, I know you ate that bag of cookies because you're feeling really sad right now and you thought it would cheer you up. But you feel even worse and are not feeling good in your body. I want you to be happy, so why don't you take a long walk so you feel better?" While engaging in this supportive self-talk, you might want to try gently stroking your arm, or holding your face tenderly in your hands (as long as no one's looking). Physical gestures of warmth can tap into the caregiving system even if you're having trouble calling up emotions of kindness at first, releasing oxytocin that will help change your bio-chemistry. The important thing is that you start acting kindly, and feelings of true warmth and caring will eventually follow.

Exercise 5: Taking care of the caregiver

<https://self-compassion.org/exercise-8-taking-care-caregiver/>

If you work in a care-giving profession (and that certainly includes being a family member!), you'll need to recharge your batteries so you have enough energy available to give to others. Give yourself permission to meet your own needs, recognizing that this will not only enhance your quality of life, it will also enhance your ability to be there for

those that rely on you. For instance, you might listen to relaxing music, take a yoga class, hang out with a friend for an evening, or get a massage.

Of course, sometime our time is limited and we aren't able to take care of ourselves as much as we'd like. Also, one limitation of self-care strategies is that they're "off the job," and can't be done while you're actually caregiving. Thus, it's important to also engage in "on the job" self care. When you're feeling stressed or overwhelmed when with the person you're caring for, you might try giving yourself soothing words of

support (for example "I know this is hard right now, and it's only natural you're feeling so stressed. I'm here for you."). Or else you might try using soothing touch or the self-compassion break. This will allow you to keep your heart open, and help you care for and nurture yourself at the same time you're caring for and nurturing others.

There's an app for this...

CREATING THE MINDSET WITH APP "I AM"

Let this app help you along your way to becoming a more self-compassionate version of yourself. There is solid science behind positive affirmations, meaning that even if we don't feel a statement or set of statements are true about ourselves, we will begin to believe them if we read or hear them consistently. For this app you can set how many

positive affirmations you want delivered to your device in a day, and between which times. You can also save a picture of an affirmation that really stands out so you can make it your screen saver or share it on social media with others. There is a free subscription as well as a paid version. The ads are a bit annoying but seem to get better once you are all set up.

Books on Self-Compassion:

Self-Compassion: The Proven Power of Being Kind to Yourself

<https://www.amazon.ca/Self-Compassion-Proven-Power-Being-Yourself-ebook/dp/B004JN1DBO>

The Self-Compassion Workbook for Teens

https://www.amazon.ca/dp/B06XGT79K8/ref=dp-kindle-redirect?_encoding=UTF8&btkr=1

Thanks for reading, I hope you find at least one way to be gentler and kinder to yourself, you deserve it!



A Tasty Drink For a chilly fall evening...

CINNAMON & HONEY "SLEEP DRINK"

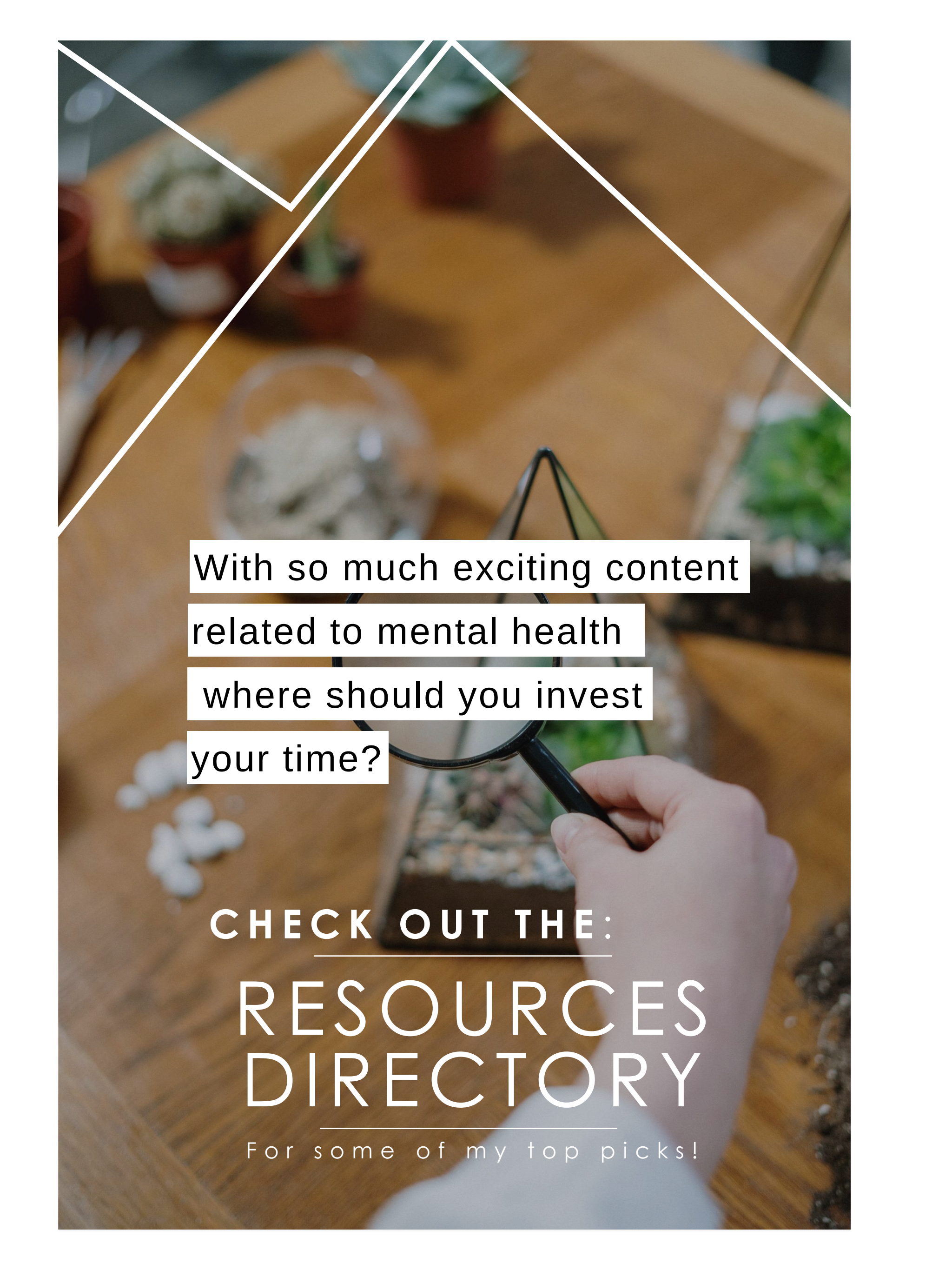
<https://i-dream-of-sleep.com/cinnamon-and-honey-sleep/>

The original recipe creator makes some claims of cinnamon acting as a sleep aid by helping prevent blood sugar spikes throughout the night. I'm not sure about all of that, but this looked tasty so I tried it and it was!

This sleepy drink tastes a lot like custard. I found it calming as I wound down for bed and that's all I need in an evening drink, so here's the recipe!

8 ounces milk (or almond milk)
1 tbsp organic unfiltered raw honey
1/4 tsp pure Ceylon cinnamon
*optional 1/4 tsp fresh grated nutmeg (nutmeg is a powerful sleep aid, too!)

Warm milk in a small pan on low heat. When it's just to the point of scalding, remove from heat add the rest of the ingredients and mix well.



With so much exciting content
related to mental health
where should you invest
your time?

CHECK OUT THE:

RESOURCES DIRECTORY

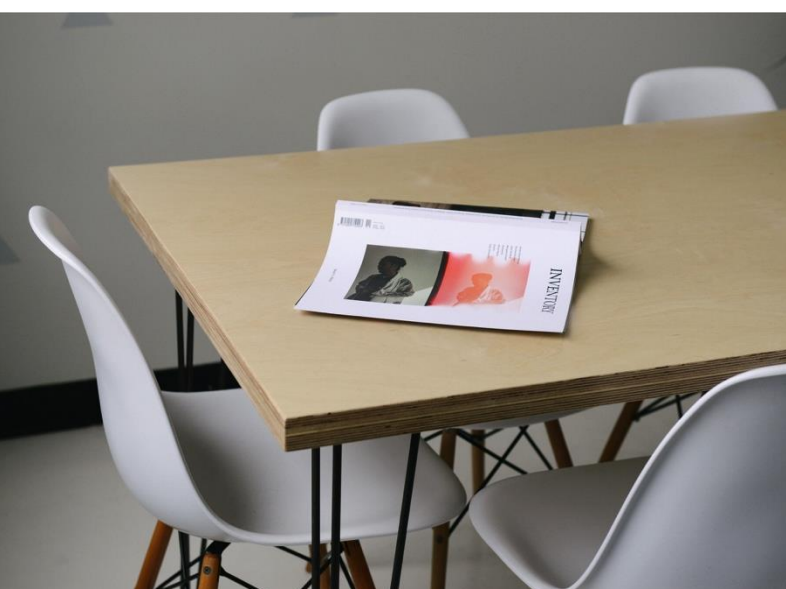
For some of my top picks!

Preparing for a Marathon

BUILDING COMPASSIONATE COMMUNITIES IN A NEW NORMAL

Brought to you by Open School BC

[Link to Webinar](#)



Building Compassionate Communities in a New Normal

Pre-recorded

First in the series will be Building Compassionate Communities in a New Normal. This 75-minute webinar will provide educators with information, ideas and strategies that they can use to create compassionate spaces for students, especially during times when the classroom environment is ever-changing. Speakers for this September session will include:

Dr. Kimberly Schonert-Reichl

Dr. Kimberly Schonert-Reichl is an Applied Developmental Psychologist and a Professor in the Human Development, Learning, and Culture area in the Department of Educational and Counselling Psychology, and Special Education at the University of British Columbia (UBC).
Dr. Linda O'Neill

Linda is a long-time northerner from the far northwest corner of BC who practiced in that area for many years. She holds a BA in Child and Youth Care, an MEd in Counselling Psychology, and a PhD in Educational Psychology from the University of Victoria and is a certified counsellor and trauma specialist.

Monique Gray Smith

Monique Gray Smith is an award-winning, and best-selling author of books for children and youth, as well as adults. Her children's books include; My Heart Fills With Happiness, You Hold Me Up, and soon to be released, When We Are Kind. Her YA/Adult books include; Tilly: A Story of Hope and Resilience and Tilly and the Crazy Eights.

More information regarding all webinars will be released closer to their launch dates.

The webinars will be hosted on Open School BC's Open Course Resources. Registration is required to gain access to the live webinars and their recorded versions.

Webinars

TRAUMA INFORMED RETURN TO SCHOOL PRE-RECORDED

Brought to you by Safer Schools

[LINK TO TRAININGS](#)

This session is intended for staff and community partners who support school safety and critical incident/trauma-related matters including:

Principals, Vice Principals and individuals who support school safety, culture and climate
Educators and school administrators according to school/district needs
Community partners who support threat risk assessment and violence prevention
(e.g. RCMP, municipal police, child protection social worker, child and youth mental health worker)

Topics Include:

What is trauma and how it impacts youth.
Understand what kind of trauma youth may have been exposed to while physical distancing.
Students already on our 'radar' pre-pandemic – what are we doing to support them?
Trauma-Informed Practice (TIP) and the students return to class.
The importance of staying connected with High-Risk and Vulnerable Youth.
Changes in baseline behaviour currently seen by Safer Schools Together regarding High-Risk and Vulnerable Youth.
Providing links to various resources.
A question log to address any issues that need further explanation.

RAPID RISE OF VAPING & THE HARMFUL IMPACT ON OUR YOUTH

MONDAY, OCT.5, 2020

Brought to you by Safer Schools

This presentation will focus on the rapidly growing trend of vaping in teens. We will cover:

What vaping is and how it is being marketed to youth, and the appeal of vaping
The motivation behind companies marketing to youth, and the consequences, including an unprecedented resurgence of nicotine use and the rise of nicotine addiction among teens.
The known harmful effects of nicotine use, nicotine addiction, and vaping, and the lack of any long-term studies of potential lasting effects will be reviewed
What we can do about the rapid rise of vaping among youth, including direct advice for parents on how to talk to their kids about vaping
Learning Outcomes:

A greater understanding of vaping and its inherent danger (nicotine and other substances)
How E-Cigarette companies market their products to kids
A greater understanding of the harm caused by E-Cigarette use
An insight into why kids vape
How to stop or avoid vaping
How parents and teachers can talk to young adults about the danger of vaping

Webinars

ENSURING SAFE AND TRAUMA INFORMED SCHOOL COMMUNITIES

MONDAY, OCT. 14, 2020
8:30 AM - 3:00 PM (PACIFIC TIME)

Brought to you by Safer Schools

<https://saferschoolstogether.com/service/s/ensuring-safe-and-trauma-informed-school-communities/>

Brought to you by Safer Schools Schools and school districts continually seek ways to make every student feel valued, respected, safe, wanted, and connected. Using a Trauma-Informed lens with best practice from the field of Violence Prevention and Intervention Strategies, this training strives to provide a deeper understanding of how to create, measure, and evaluate school connectedness.

Many students come to school each day because the school is the only place they feel physically safe, yet they are not connected emotionally. By guiding and assisting with the positive development of classroom/school climate and culture, we ensure school communities where students feel safe, accepted, and respected regardless of their gender, race, culture, religion, or sexual orientation.

This training also provides an overview of the COVID-19 pandemic and the challenges it has created, including a look at trauma and its impact on our youth, current social media trends, violent behaviour patterns, all facets of bullying, and successful intervention strategies.

Brought to you by Safer Schools TRAINING WILL INCLUDE:

- The What, Why, and How of Trauma-Informed Practice
- What is Hate, Racism, Bias, and Privilege?
- Best practice in the design of and strengthening School Codes of Conduct
- Promoting connectedness and understanding the relationship between school culture/climate and school safety through assessment and improvement strategies
- Understanding the importance of the role of the physical environment in schools
- Knowledge of the difference between peer conflict, mean behaviour, and bullying behaviour
- Successful intervention strategies & tools to address the different types of bullying
- Managing social media & the evolution of sexting behaviour and sextortion
- The importance of staying connected with high-risk and vulnerable youth and monitoring changes in behavioural baseline
- Criteria for program selection & implementation (e.g. social emotional learning)
- Diversity – design for the difference to address homophobia, racism, and systemic racism

Online Modules

COPING WITH COVID ONLINE WELLBEING MODULES FOR STAFF AND STUDENTS

<https://openparachuteschools.com/covid>

Our free Online Modules are designed to support the mental health of both teachers and students (Grades 6 through 12) in overcoming the mental and emotional challenges of the COVID-19 pandemic.

Student COVID Modules

There are two modules available for students, one for grades 6-8 and another for grades 9-12. These modules are facilitated by teachers to groups of students either in class or online.

In these free online modules, students learn skills for:

Counter-acting the mental health impacts of COVID
Building resilience when facing all forms of struggle
Supporting re-engagement with school and learning
Finding a hopeful future in challenging and uncertain times

Teacher COVID Modules

This module is focussed on Wellbeing for teachers, and can be completed independently or in a group.

In this free online module, teachers learn tools for:

Understanding the mental health impacts of COVID (for yourself and your students)
Supporting your own wellbeing in times of change and uncertainty
Supporting students to re-engage with school and learning
Implementing a trauma-informed teaching perspective
Overcoming all forms of struggle
Finding a hopeful future in challenging and uncertain times

MENTAL HEALTH SUPPORTS FOR STAFF

Employee Family Assistance Program

SERVICES INCLUDE:

Counselling, groups, webinars and more. For a full list phone and check out the EFAP website

1.844.880.9137
WORKHEALTHLIFE.COM

20-Minute Check-Ins

SERVICES OFFERED:

Personalized resource packages, coping tools and skills, help understanding what services are available and the steps to take

EMAIL KZUEST@SD22.BC.CA

WELLBEING WEBINAR:

Overview on mental health and wellbeing and an introduction to some steps we can take to bring better wellbeing into our life and our work

TO BE ARRANGED THROUGH SCHOOL ADMINISTRATORS

BLUECROSS BENEFITS

SERVICES INCLUDE:

Services will vary, employees are encouraged to contact Bluecross or check their online portal to discover what mental health supports are available to them.

1.877.722.2583

EXPLORE A FULL LIST OF MENTAL HEALTH SERVICES IN YOUR COMMUNITY AT

REDBOOK BC211

<https://redbookonline.bc211.ca/>