

Working Well for Educators

Julia Grace Dip Tchg



Accredited Instructor



Tāima Kōrero

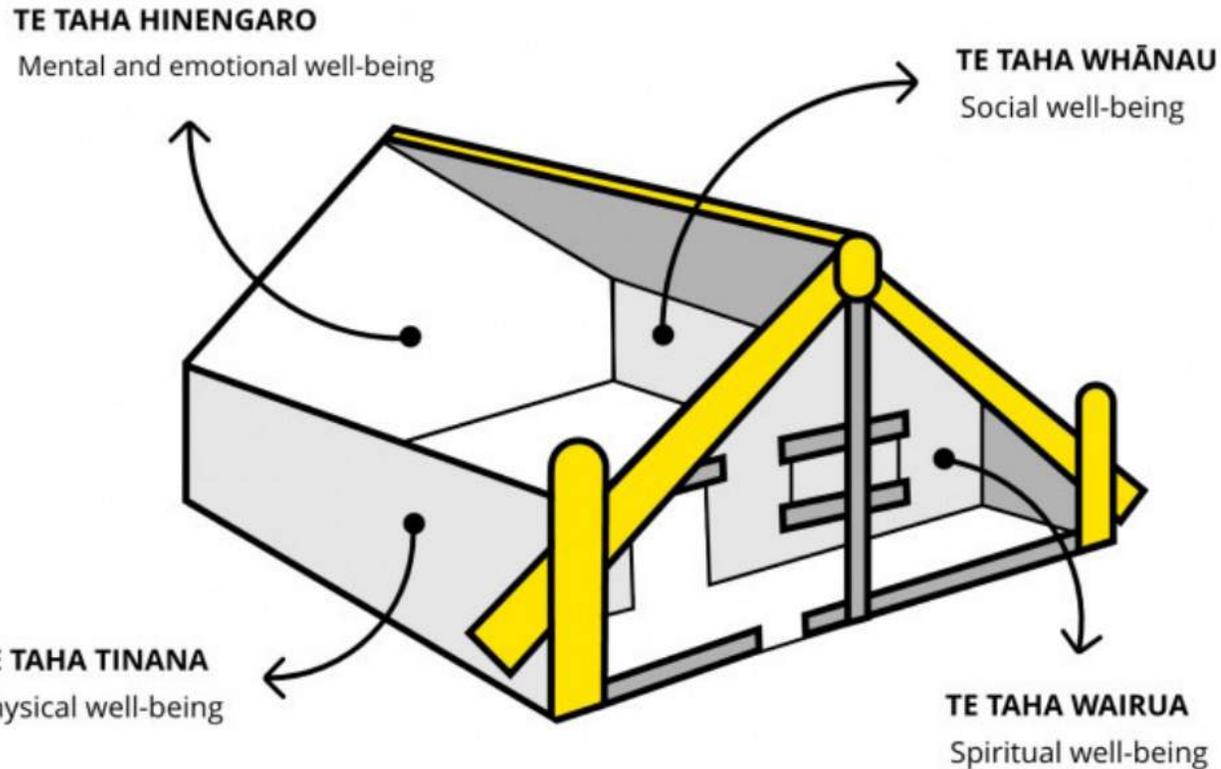
1: What are some myths or misconceptions about mental health?

2: Why has mental health been hard to talk about?



Models of Learning

Te Whare Tapa Whā - Dr Mason Durie



Mental Wellness Issues are RUM

REASONABLE - they make sense

UNIVERSAL - we are all on a wellness spectrum

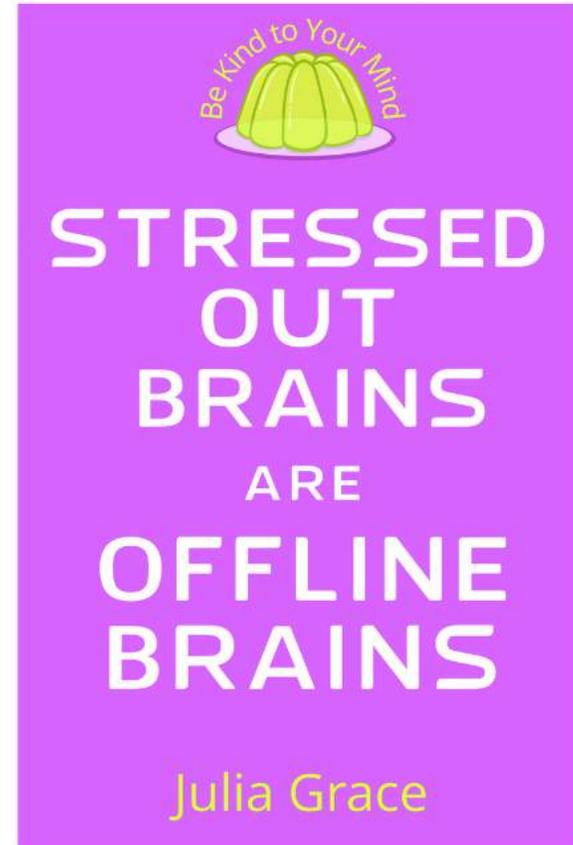
MANAGEABLE - there are so many tools in the toolbox



Where do we Start?

- 1 in 2 NZers
- 1 in 6 NZers

*Mental Health Foundation NZ



Brain Facts



Energy Hungry Monster (2% / 20%)



Won't stop until it has solved the problem



Number 1 job is to keep you safe
(so it Highlights 'dangerous' things)





**STRESSED
OUT
BRAINS
ARE
OFFLINE
BRAINS**

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**RECOGNISE
YOUR
WOBBLY
POINT**

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**FIND
YOURSELF
A
JELLY
BUDDY**

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**ONE
DEGREE
OF
CHANGE**

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Early warning signs & signals

Burnout Busters



Guard your First Fifteen: set the tone



Start with Success - Dopamine Cycle



Close the Loop - Do one hard thing



Ridiculously Small Steps - Tolerable Discomfort



Avoid the Fake Break: take $\frac{1}{2}$ for you



End-of-day Ritual: playlist, clothing, reset





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Have 'That' Conversation



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Small changes = big results





ONE DEGREE OF CHANGE

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- ★ Whānau
- ★ Ferapy
- ★ Fullness
- ★ Faith
- ★ Fitness
- ★ Food
- ★ Farmaceuticals
- ★ Forward Focus

High Bucket Habits



What fills your bucket?



