

Prioritizing Well-Being

Mental Health Strategies
for Teachers and Students

But first, housekeeping.

Audio

Listen through your computer speaker or by calling (213) 929-4221

access code:
210-779-791

Questions

Type in the questions box and we'll get to your questions in real time or address them during the Q&A.

Social

Find us on Twitter
@EVERFIK12 and use
#EVERFIempowers
when you share out

A recording will be emailed to you following the webinar.

Today's Speakers

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Agenda

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COVID-19 and Its Impact

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Questions and Discussion

Whole Child Education



**Financial
Literacy**



**Social-Emotional
Learning**



**Health &
Wellness**



**Career &
Workforce
Readiness**



Early Learning

The Jed Foundation Comprehensive Approach for protecting mental health and preventing suicide



Develop independent living skills, social and emotional skills, and resilience

Identify and limit access to dangerous means

Ensure the right policies and protocols are in place to handle crises



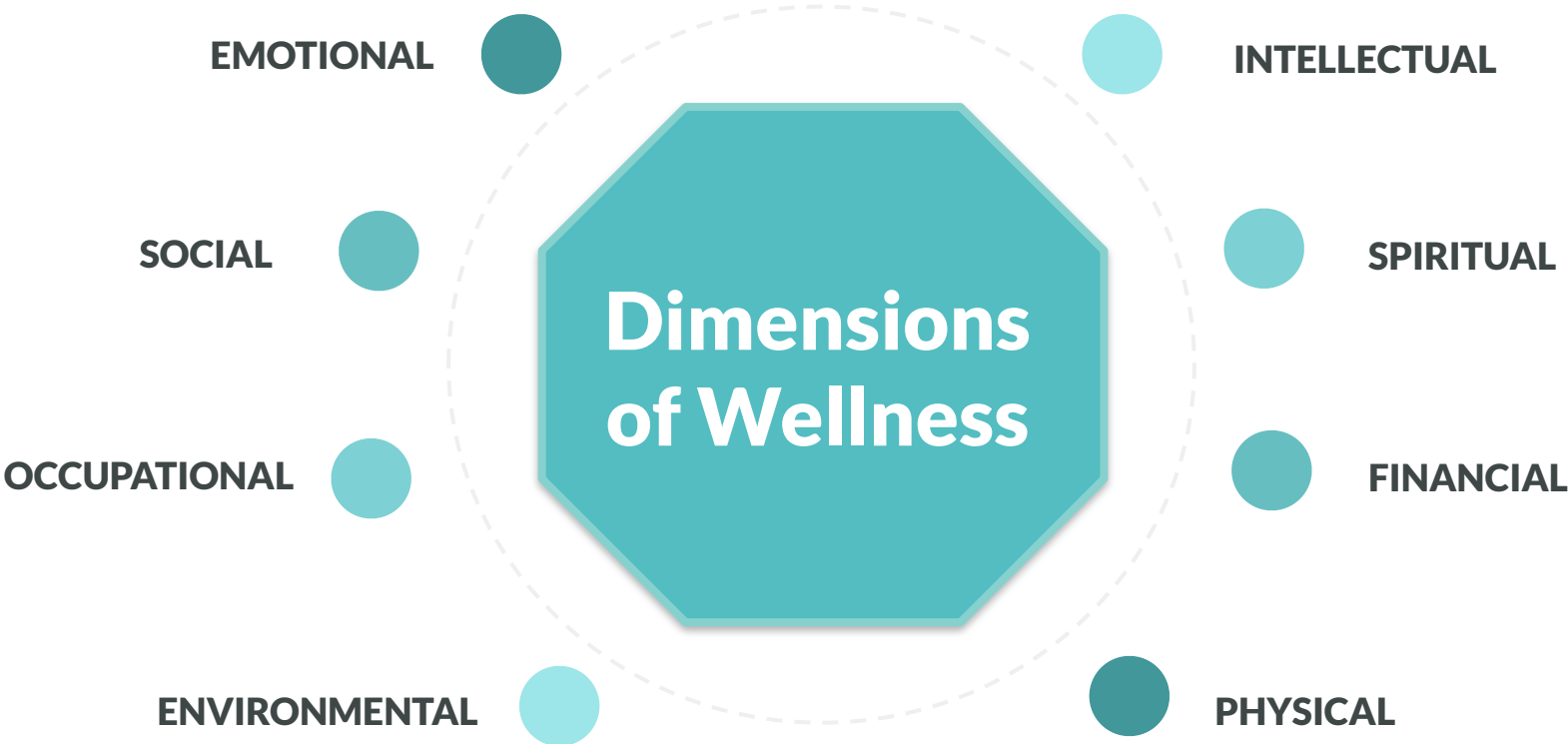
Foster connectedness and belonging

Create opportunities and systems to notice someone in distress

Reduce shame, secrecy, stigma so people will reach out for help

Ensure high quality services

8 Dimensions of Wellness



The Impact of COVID-19

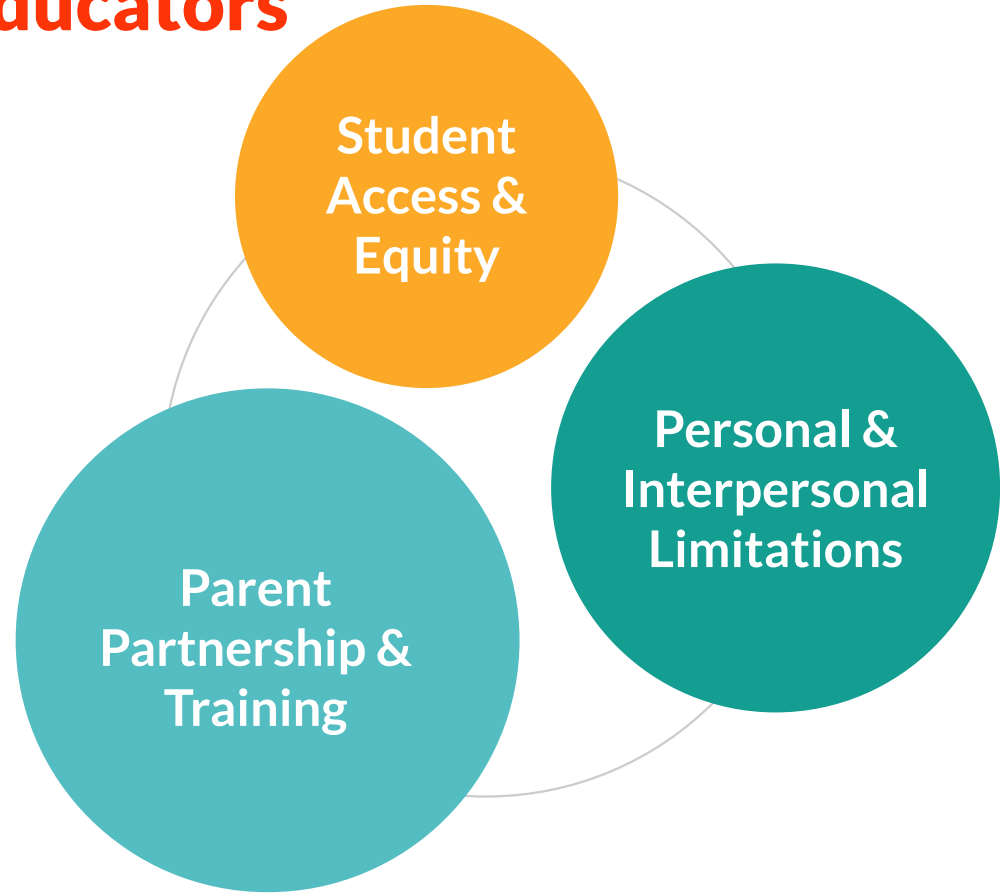
Implications for Well-Being

“The New Norm”



The Challenges Facing Educators

- Adaptation to Technology
- Shifting Policy & Processes
- Confused and Frequent Communication
- Expectations vs. Reality



Poll: COVID-19 Check In



How are you
doing?

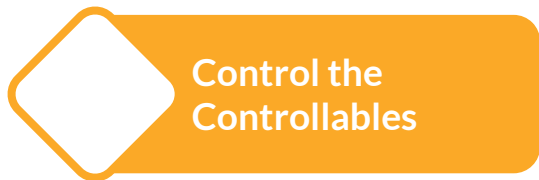
I'm really struggling

I'm doing okay but could be better

I'm doing pretty well

I'm doing great

Prioritizing Your Well-Being



Control the
Controllables

Things You Can Control



What you
choose to
prioritize



How you
spend some
of your time



What types
of media you
consume
(and how
frequently)



Your mindset

Set Reasonable Expectations

Communication

Not every parent inquiry or colleague email needs to be answered immediately

Capability

Be mindful of what you can actually do-- there is only so much time in a day

Physical Limitations

Consider your space, family needs, and your own bandwidth

Small, Realistic Goals

Set goals for yourself that you know are achievable

Carve Out Time for Self-Care



Cultivate gratitude

Calling out the things that are working well can help when things aren't



Move your body

Yoga, dancing, running, walking.. anything to get your body moving



Reflect on how you're feeling

Naming your emotions, journaling, or talking with friends or colleagues can be helpful and healing



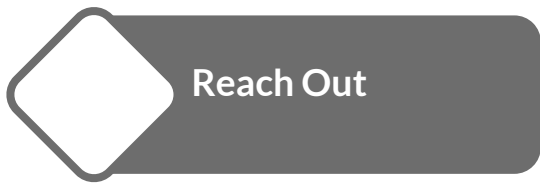
Try a mindfulness app

Apps like Headspace and Calm have free or discounted rates for educators

Mental Health Awareness Month
MAY 2020

EVERFI


SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 Write down or draw 3 good things that you hope to do for yourself this month.	2 Set a timer for 1 hour and take a "screen-free" break.
3 Spend some time outside.	4 Put on your favorite music and have a mini dance party with yourself.	5 Write down or draw 5 qualities you like about yourself.	6 Set an intention to drink 8 glasses of water today.	7 Video-chat with a friend.	8 Reach out to someone you haven't spoken to in a while just to say 'hi'.	9 Visit the website of a mental health organization to learn more about them.
10 Organize something in your home - a drawer, a room, a closet, etc.	11 Write a letter to yourself & share how you feel in this moment. Put it away to open in a year.	12 Go outside & appreciate nature. What do you see around you?	13 Listen to a positive or uplifting song.	14 Look at an old photo album and reflect on ways in which you've grown in life.	15 Do a guided meditation.	16 Take a relaxing shower or bath, or do some aromatherapy.
17 Take 10 deep breaths.	18 Watch a funny video or movie.	19 Print out a coloring page or open a coloring book and color.	20 Make yourself a nourishing meal or snack.	21 Set a timer for 30 minutes and do something active.	22 Send an email, text, or video to someone and share with them something that you appreciate about them.	23 Perform a random act of kindness.
24 Write a card or letter to someone in your life.	25 Clean out your closet and identify a charity to donate unwanted clothes to.	26 Connect with your body! Do a virtual yoga class or stretching exercises.	27 Try some aromatherapy - light a candle, smell fresh flowers, plug in an oil diffuser.	28 Make a list of 5 things that you are thankful for & look back on it when you're feeling down.	29 Take a mindful tour of your home or neighborhood. Find 3 things you are grateful for.	30 Get dressed! Even if you're still practicing physical distancing, spend time getting ready like you would otherwise.



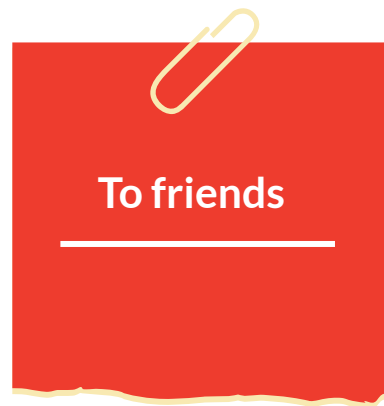
Reach Out



To colleagues



To administrators



To friends



To a professional

Supporting Your Own Mental Health

Control the
controllables

Carve out time for
self-care

Model
self-compassion

Set reasonable
expectations

Communicate,
Communicate,
Communicate

Be unapologetic

Create a dedicated
work space

Set “office hours”

Reach out

Supporting Student Mental Health

But First, A Look Back

“What do you feel are the most pressing issues impacting students today?”

Mental health

56%

Social media

53%

Cyberbullying

35%

99% of educators said it is **extremely important** or **very important** to include these types of topics in their schools curriculum

99%

71%

of educators feel that their school has the resources necessary to support **physical health**



41%

of educators feel that their school has the resources necessary to support **mental health**



Source: EVERFI Educator Survey, 2019. n= 3415

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11,000 Students on The Impact of COVID-19

On Mental Health

38% are more concerned about their mental well-being

On Academic Preparation

47% are more concerned about their readiness for the next academic year

On Tech Use

35% are more concerned about their amount of time they are spending online

On Peer Connection

33% are more concerned about how connected they are to their peers



Supporting Students' Mental Health

Modeling healthy behaviors & coping strategies

Checking in and discussing feelings

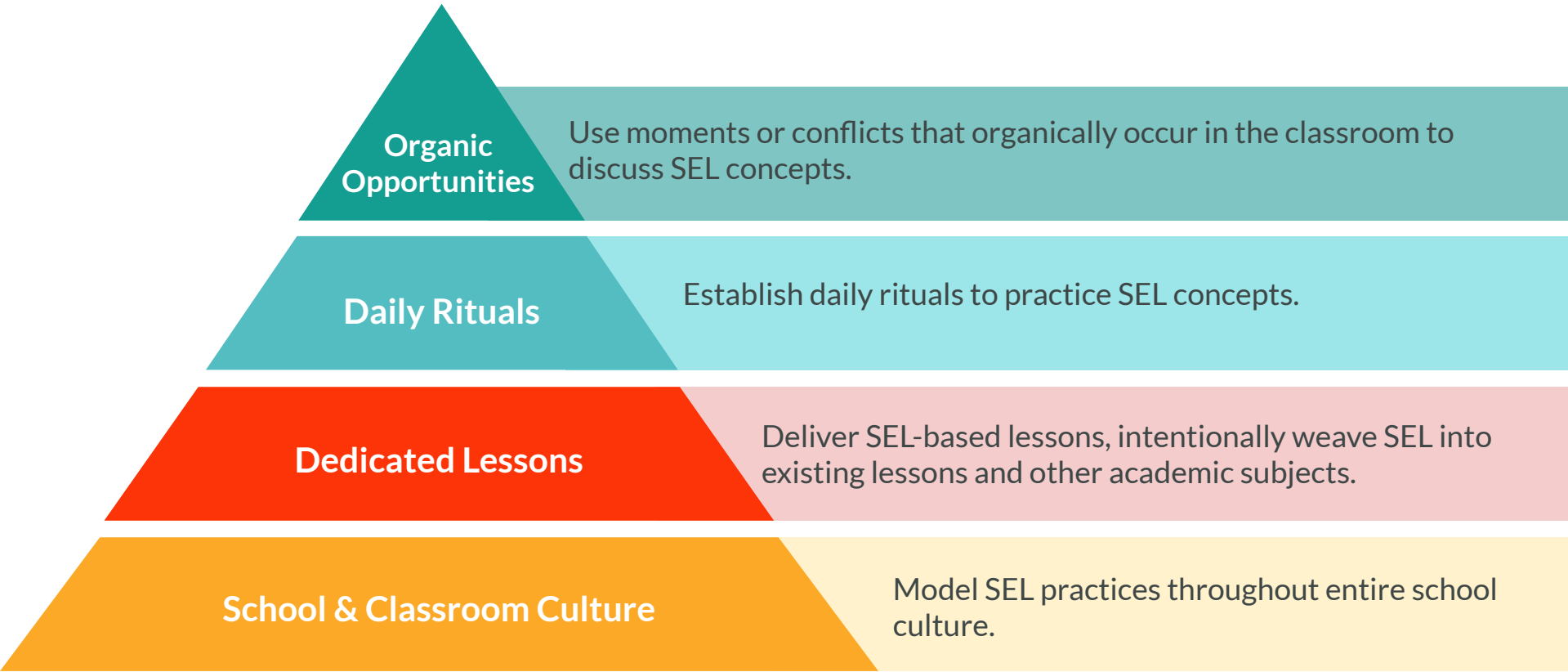
Demonstrating healthy communication

Practicing problem-solving skills

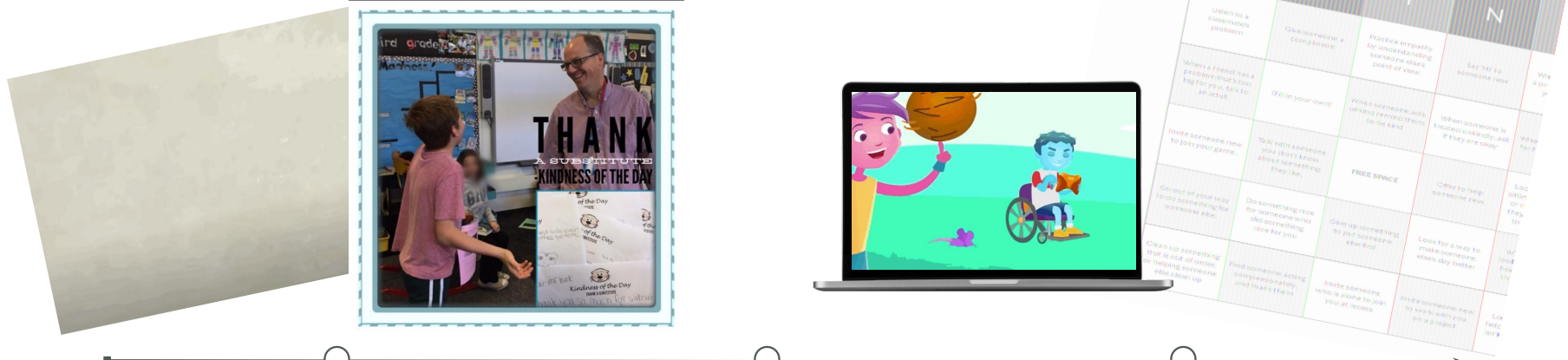
Carving out time for self-care

Building in SEL "class periods"

Addressing SEL in the Classroom



Social Emotional Skills in Action



Daily Rituals

- Mindful Breathing
- Kindness of the Day

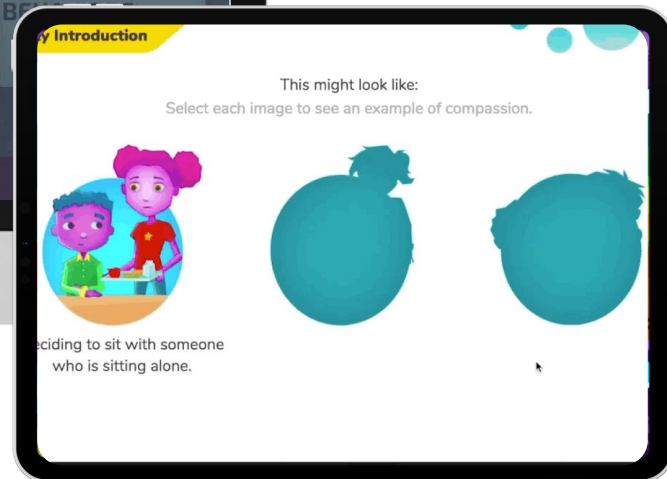
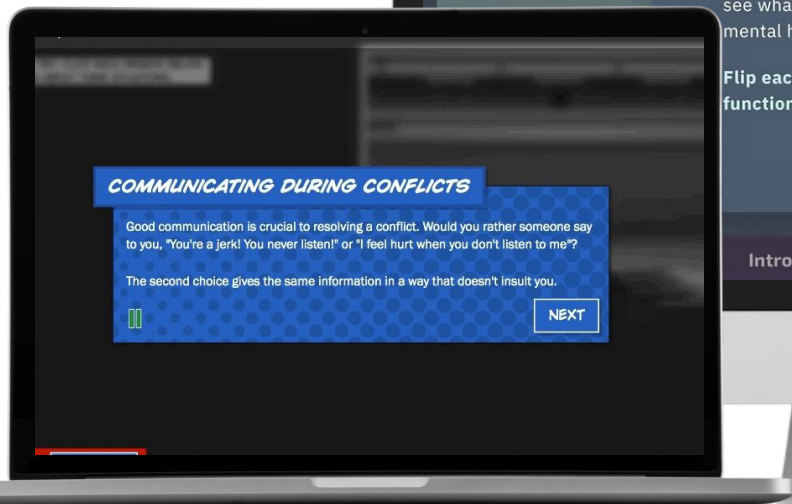
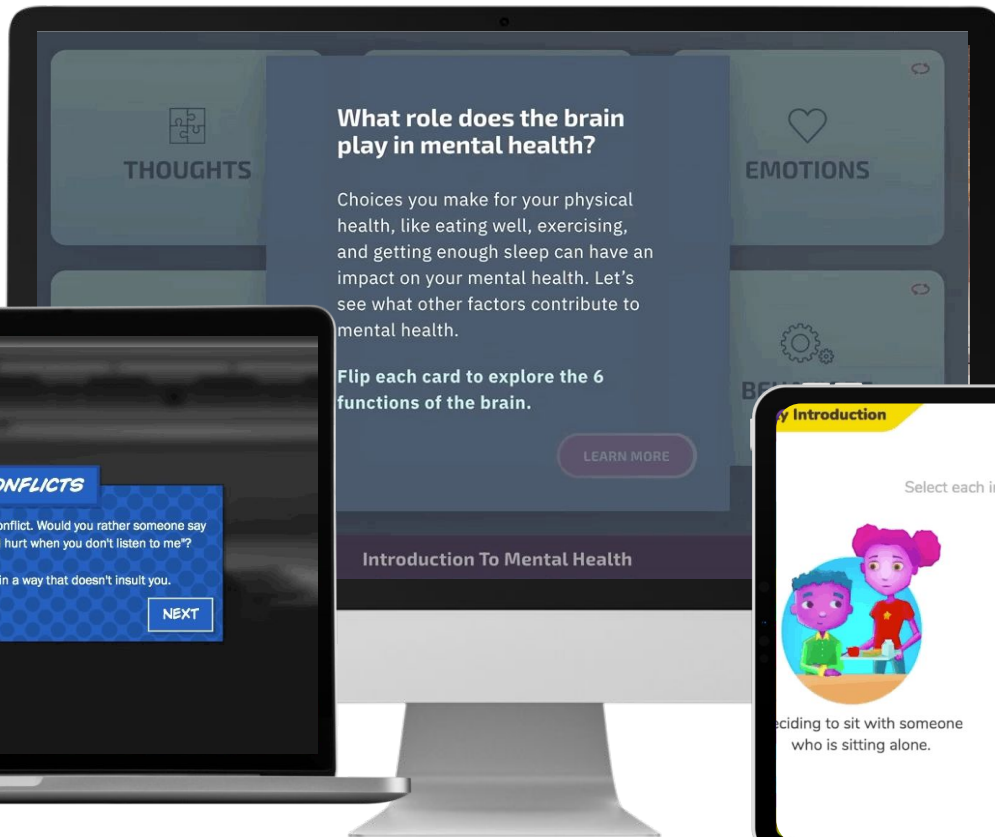
Class Routines

- Community Circles
- Discuss Readings

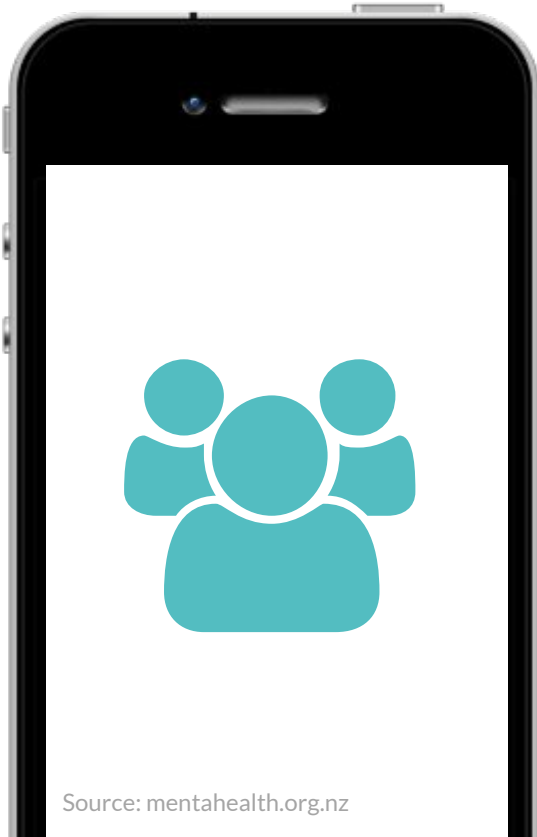
Focused Lessons

- Emotions Charades
- Compassionate Skits
- Mindfulness lessons

Mental Wellness & Social Emotional Learning



Warning Signs In A Digital Environment



Source: mentahealth.org.nz

Say they want to die or kill themselves

Write or post about suicide, death, self-harm, or high-risk behaviors

Stop responding to messages or showing up to class

Have changes in mood- not as talkative, don't seem engaged, seem withdrawn

Seem to have lost interest in life or other things they enjoy

Support In A Digital Environment



Be direct

Follow your schools protocol

Have resources available

Additional National Resources

Crisis Text Line: Text SHARE to 741741

National Suicide Prevention Lifeline: 1-800-273-TALK

SAMHSA National Helpline: 1-800-662-HELP

NAMI HelpLine (M-F 10am - 6pm EST): 1-800-950-6264

Disaster Distress Hotline: 1-800-985-5990 or Text TalkWithUs to 66746

Bolstering Mental Health Foundations

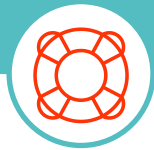
Healthy Habits

- Stretch and move once an hour
- Eat lunch!
- Healthy snacks on hand
- Breathe & relax
- Exercise



Emotional Awareness

- Identify emotions
- Practice mindfulness
- Transition intentionally



Positive Relationships

- Offer help
- Ask for help
- Stay positive
- Maintain friendships outside of school



Positive Mindset

- Growth Mindset
- Reframe your thoughts
- Keep things in perspective
- You've got this!

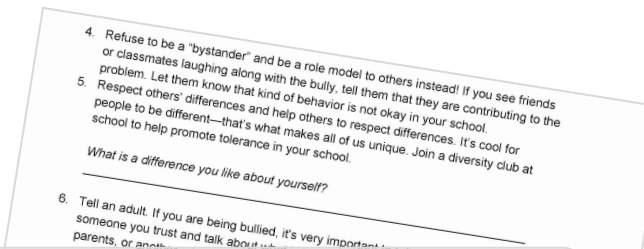


Questions & Discussion

Financial Education	STEM & Career Exploration	Social Emotional Learning	Health & Wellness	Early Learning	Cultural Literacy
Vault Understanding Money 4-6 th Grade	Future Goals Hockey Scholar – Math Edition 4-7 th Grade	The Compassion Project 2nd-4 th Grade	Healthier Me Nutrition & Wellness 1st-4 th Grade & 6-8 th Grade	WORD Force Literacy Adventure K-2nd Grade	306 African-American History 9-12 th Grade
FutureSmart 6-8 th Grade	Future Goals Hockey Scholar – Science Edition 4-7 th Grade	Ignition Digital Wellness & Safety 6-9 th Grade	Mental Wellness Basics 8-10 th Grade	Summer Slugger Math & Literacy 4-5 th Grade	
Venture Entrepreneurial Expedition 7-10 th Grade	Endeavor STEM Literacy & Career Exploration 7-9 th Grade	Character Playbook Character Education 7-9 th Grade	AlcoholEdu 9-12 th Grade		
EVERFI Financial Literacy 9-12 th Grade	Keys To Your Future College & Career 9-12 th Grade	Honor Code Bullying Prevention 8-10 th Grade	R^x Drug Safety 9-12 th Grade		
Marketplaces Investing Basics 9-12 th Grade					

Offline Student Activities

- Reinforce digital lessons with reflection activities
- Upload to Google Classroom or share via email



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High School

Middle School

Name:

Date:

Social Emotional Learning Remote Learning Activities

Leadership & Courage

Learning Objectives:

- Explain risk factors that can lead to bullying.
- List techniques to handle bullying when it does occur.

Materials Needed:

- Pen or pencil
- Paper
- Optional: Props

Active Reading: As you read you will see questions asked throughout. Jot down answers and notes to these questions to help you with the activity at the end!

Getting Started- Teachers

- everfi.com/newteacher
- Select your state & school
- Username & password
- Select one resource to start & add more later

The image is a screenshot of the EVERFI website's 'Educator Quick Start Guide'. At the top, it says 'EVERFI' and 'Educator Quick Start Guide'. Below that, it says 'Go to EVERFI.com/newteacher to begin' with a QR code. There are three icons: a clock, a trophy, and a graduation cap. The guide is divided into three main sections: 1. Locate Your School, 2. Create Your Profile, and 3. Create Your Classes. Each section includes a list of steps and a corresponding screenshot of the registration form.

1. Locate Your School

- Find your state/province
- Enter your school name
(if your school isn't listed, select "Can't find your school?")

2. Create Your Profile

- Enter your first & last name
- Enter your school email address
- Create & confirm your password
- Select a course from the drop-down
(You can add additional courses after logging in)
- Agree to terms of service

3. Create Your Classes

Next Steps

Learn

Visit everfi.com for more information.

Use everfi.com/k-12/teacher-remote-learning/ to learn more about addressing remote learning with your students.

Try

Register for an account at www.everfi.com/newteacher

Try a new course. You can add from your teacher dashboard.

Share

Share with colleagues.

Share about your class on social media - tag @EVERFIk12 and/or use #EVERFIempowers

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