



Schools Out!

Making the transition to Rest and Recovery

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Today's Themes and Objectives



Main Themes:

- Switching from Doing to Being Mode
- Recognising the interruption to the rhythm of life
- Permission
- Burnout and the cost of hypervigilance
- The need for healing
- Rest and Be Thankful

Main Objectives:

- Provide an opportunity to reflect on experiences and how we can prepare for making transition to the holidays.
- Share some ideas, highlight some pertinent issues and offer strategies to support thinking



please...?



Real heroes
DON'T WEAR
Capes
THEY TEACH

“Switching off”??



“Coming into land”??

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“Switching off” or “Approaching” – What works?



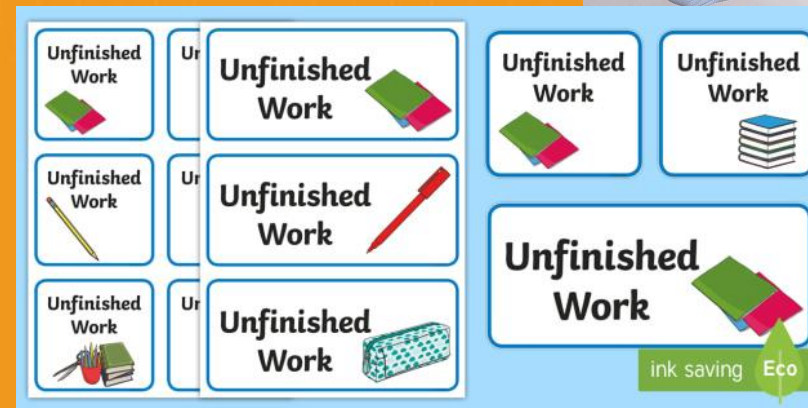
What do you find easy to “switch off” from as you come into summer?

What’s tricky?

What makes one aspect easier to switch off from than others?

What might you bring consciously to your thinking to make a smooth transition?

What are you going to “approach” rather than simply “shut down” from?





Breaking Bad....Habits!



STAYING "SWITCHED OFF"

"Sticky" thoughts

- What is keeping you hooked??
- Regrets?? We've all had a few!!
- "What if?" - Keep it real!!!
- Being your own Film Critic!

ASKING FOR PERMISSION

What are you needing permission for?

When was the last time that you asked someone for permission?

What were your reasons?

What matters to you about your needs?

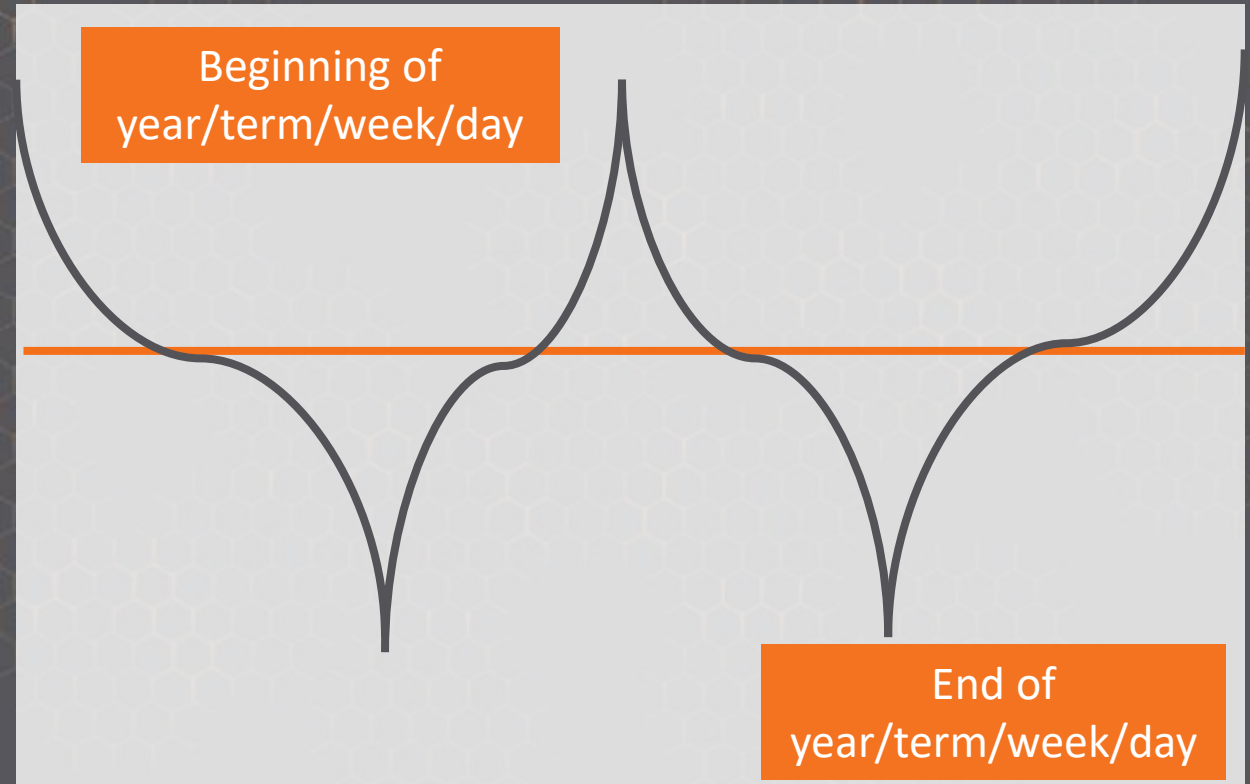
What needs to happen for you to take care of yours now?

The Syncopated Rhythm of This School Year

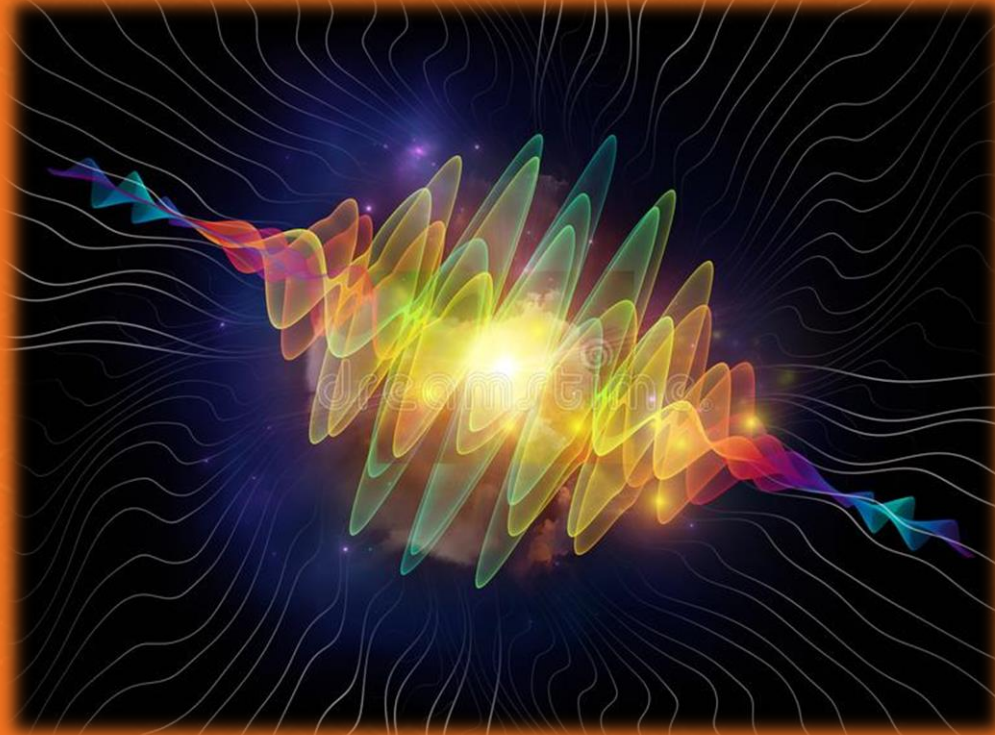


Rhythms of:

- Energy
- Covid cases in school
- SQA changes
- Workload
- Absence of rites of passage
- Family responsibilities
- Emotions
- Own Health

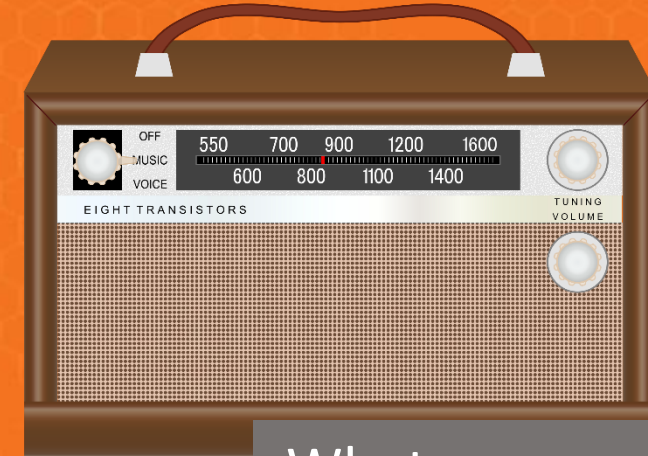


How can I find my new rhythm for the holiday?



Recognise the “ripple effects” from the year.

Breathing
deeply again.



What are you
“tuned” into?



Reconnecting
with other
passions.

The Seven Dimensions of Mindfulness – Approaching as a Practice

Doing Mode:

- Automatic pilot
- Analysing
- Striving
- Seeing thoughts as real and solid
- Avoidance
- Mental time travel
- Depleting activities

Being Mode:

- Conscious choice
- Sensing
- Accepting
- Seeing thoughts as mental events
- **Approaching**
- Present moment
- Nourishing activities

Mindfulness: A Practical Guide to Finding Peace in a Frantic World

Williams & Penman

WWW.THEHIVEOFWELLBEING.CO.UK

Supporting Educators, Transforming Lives



Being in Being Mode – Planning to bring us back to ourselves?



“Mindful awareness – or mindfulness – spontaneously arises out of this **Being** mode when **we learn to pay attention, on purpose, in the present moment**, without judgment, to things as they actually are.”

Jon Kabat-Zinn

- Conscious choice
e.g. coffee before arriving at work
- Sensing
e.g. Taking a moment to look up to the sky
- Accepting
e.g. not everything will be completed
- Seeing thoughts as mental events
- Approaching
e.g. allow yourself 5 minutes to work on something
- Present moment
e.g. S.T.O.P.
- Nourishing activities
e.g. singing, dancing, doodling etc

Finding Balance on Approach



How might I
balance time at
school with more
time at home?

What can I
accept as
“comfortable
completion”?

What can I start
to pull back from
now?

Hypervigilance – What's next? What's next?



Body and mind “switched on” all year.

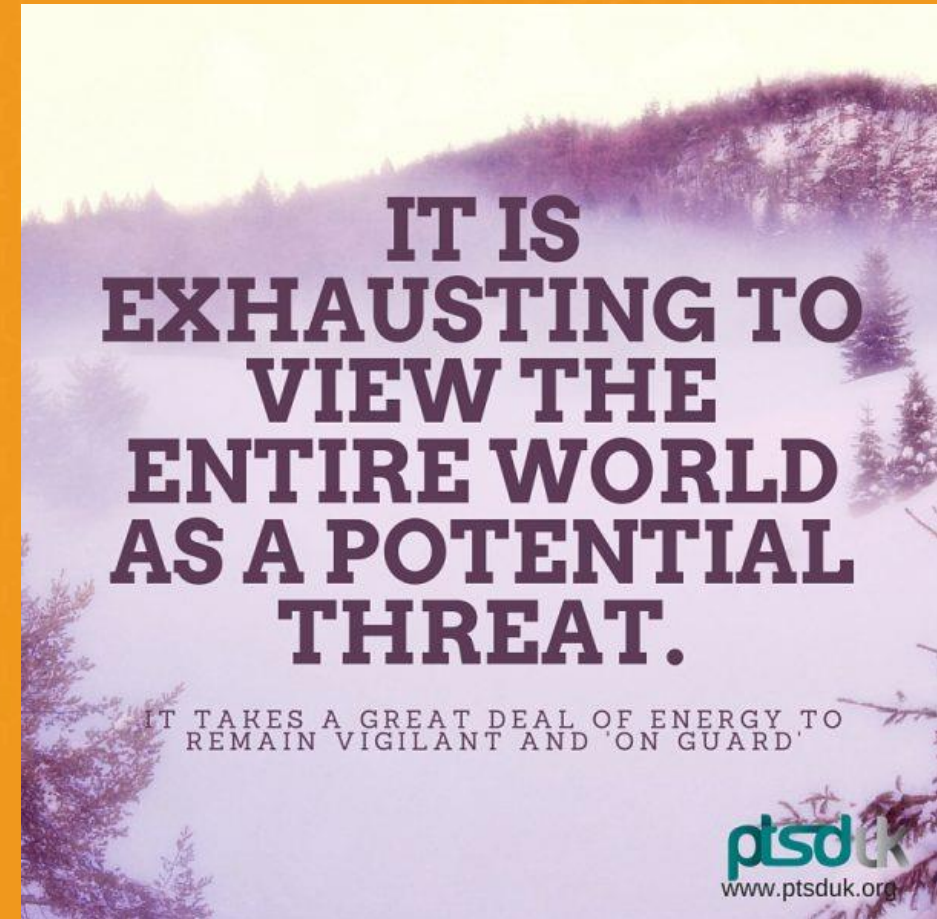
Trying to stay safe.

Environmental stressors.

Internal stressors.

Bodily reactions.

Need to complete the “stress cycle” to feel relief.





Burnout – The Cost of Caring

“Doing it on your own”- Christina Maslach - Discussion

At Work	Going home/Transition
<ul style="list-style-type: none">• Setting realistic goals• Doing the same thing differently• Take a break• Taking things less personally• Accentuating the positive• Spending time with positive types• Know yourself	<ul style="list-style-type: none">• Making the transition• Keeping a daily log• Rest and relaxation• Alone time – together time• Clear boundaries• Saying “no” not “never”• Who are you when you are not at work?

Normal



Emotional
Exhaustion

Depersonalisation

Reduced
accomplishment

- What am I noticing about my reactions to others? Situations?
- What is this telling me about any imbalances?
- What is internal and external to me?
- What do I need? What can I give myself?
- What might I need from others whom I trust at this time?

“Feeling – The Freedom to Face Ourselves”

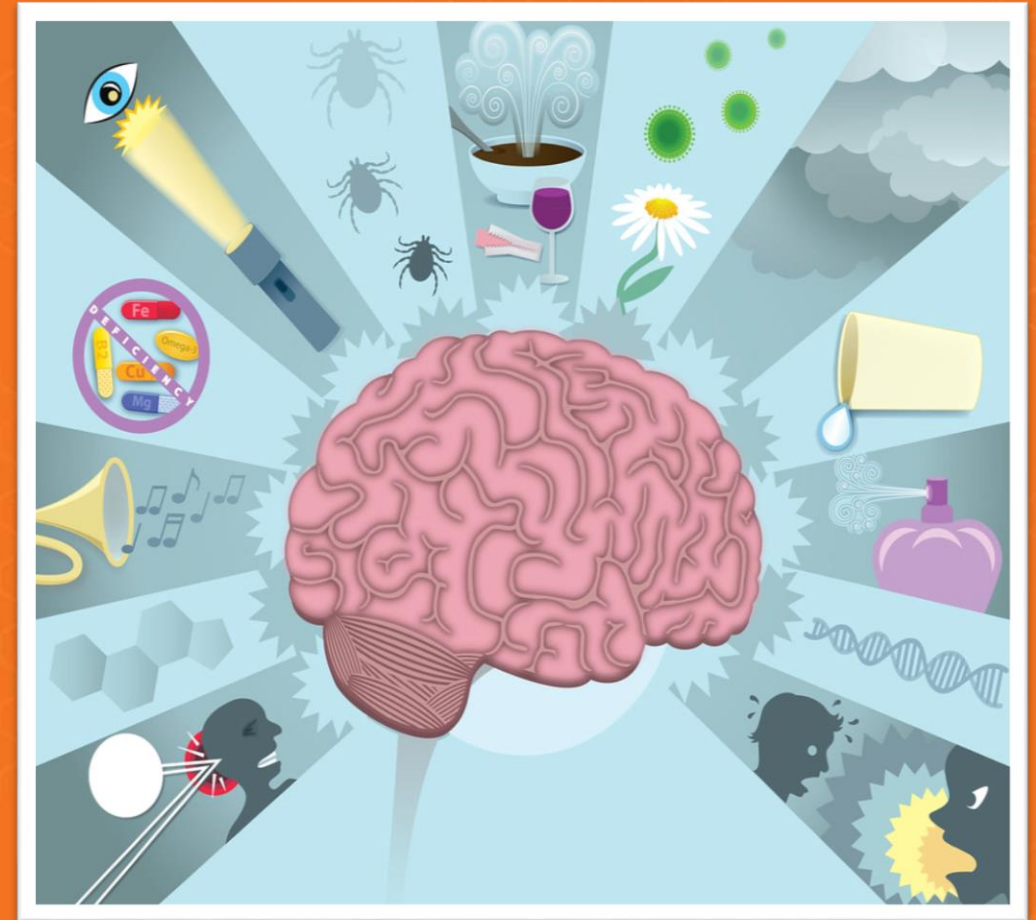
“Emotions are tunnels. If you go all the way through them, you get to the light at the end.”

Burnout: Solve Your Stress Cycle
by Emily and Amelia Nagoski

Taking the time to reflect and process the impact of the year.

Removing the “triggers” that can keep us stuck
- Home office? School items?

Recognising your body may still be in the stress response – need for soothing when stress arises.



When August comes....



“Here we go again...”



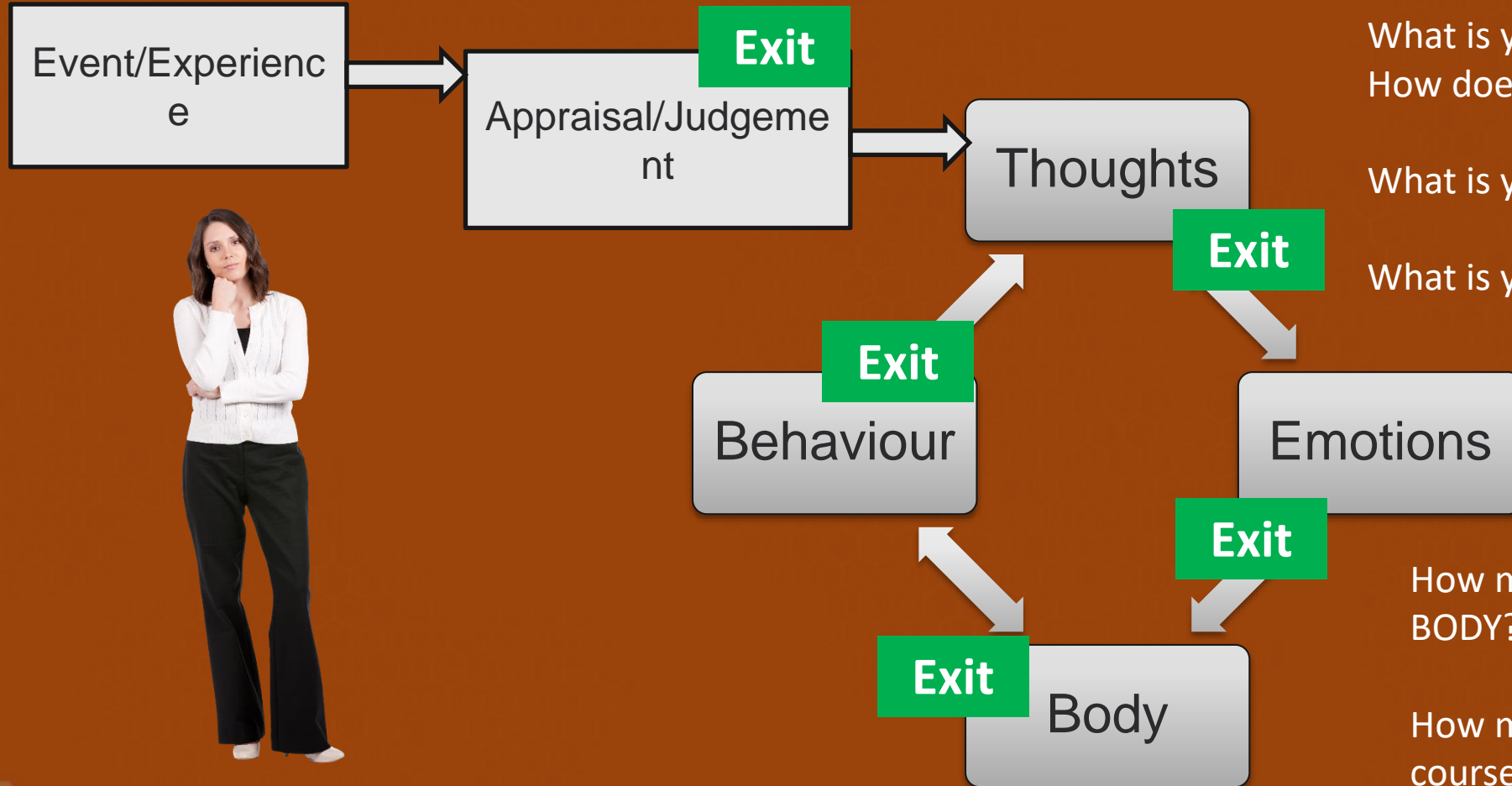
“What is possible?
What’s the dream?”



“Affective Forecasting”

- Impact bias
- Expectation effect
- Sense-making

Thinking of our EXITS



What is your first THOUGHT?
How does this make you FEEL?

What is your THOUGHT Exit?

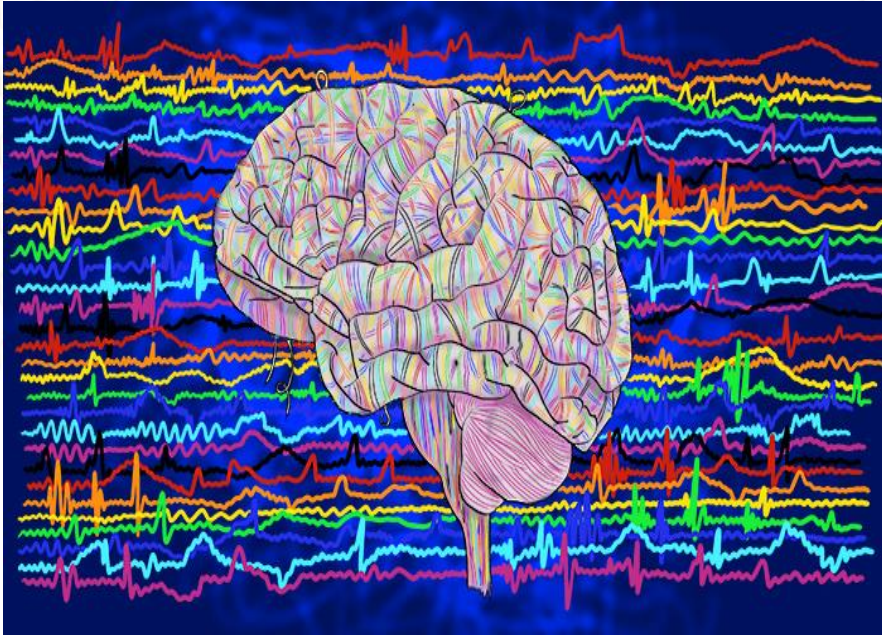
What is your EMOTION EXIT?

How might that change your
BODY?

How might that change your
course of ACTION?



Changing patterns - CBT approaches mediating the stress



Kumari et al (2011). Neural changes following cognitive behavioural therapy for psychosis: a longitudinal study.

Cognitive behaviour therapy for patients with schizophrenia.

fMRI during processing of facial expressions.

Clinical improvement

Brain changes – CBT soothes brain responses to threatening stimuli.

Promotes processing of threats in a less distressing way.

Changing our thoughts, changes our brains, changes our bodies!

Healing The Pain



Recognising where we attribute the pain, What is ours? What belongs to others?



System

Group

Interpersonal

Organisational justice and employee wellbeing

What needs to be explored?

What needs to be understood?

Now what? Action? Acceptance? Letting go?

Forgiveness? Closure?

Perspective Taking Exercise



- Think of a situation where you have had a challenging interpersonal experience with another person
- Bring to mind:
 - Your perspective
 - Their perspective
 - An observer's perspective
 - An observer watching the observer

What is said/heard/seen/felt?

- Each time, consider any shifts in your own understanding, your feelings, your concerns



Rest, Re-set and Be Thankful



- Build in “Rest and Recovery” everyday to your life in and out of school.
- Take time everyday to be grateful for 5 things
- Wellbeing is the way, not the destination!
- Everyday, look up! Remind yourself of your place in the universe.
- Take this opportunity to serve you well!

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