

**Teacher Well-being:**  
**A Healthy Teacher is a**  
**Happy Teacher**



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# Understanding Adult Mental Wellbeing

## MWB Domains

## Description

### Emotional Intelligence

- “I can manage and control my emotions when I meet with setbacks or frustrating or worrying situations.”

### Social Intelligence

- “I take time to show care and concern and listen to the people around me and provide social support to them when they need it.”

### Cognitive Efficacy

- “I try and find resources and solutions to manage challenges and resolve situations in the best possible way and make positive decisions for myself .”

### Resilience

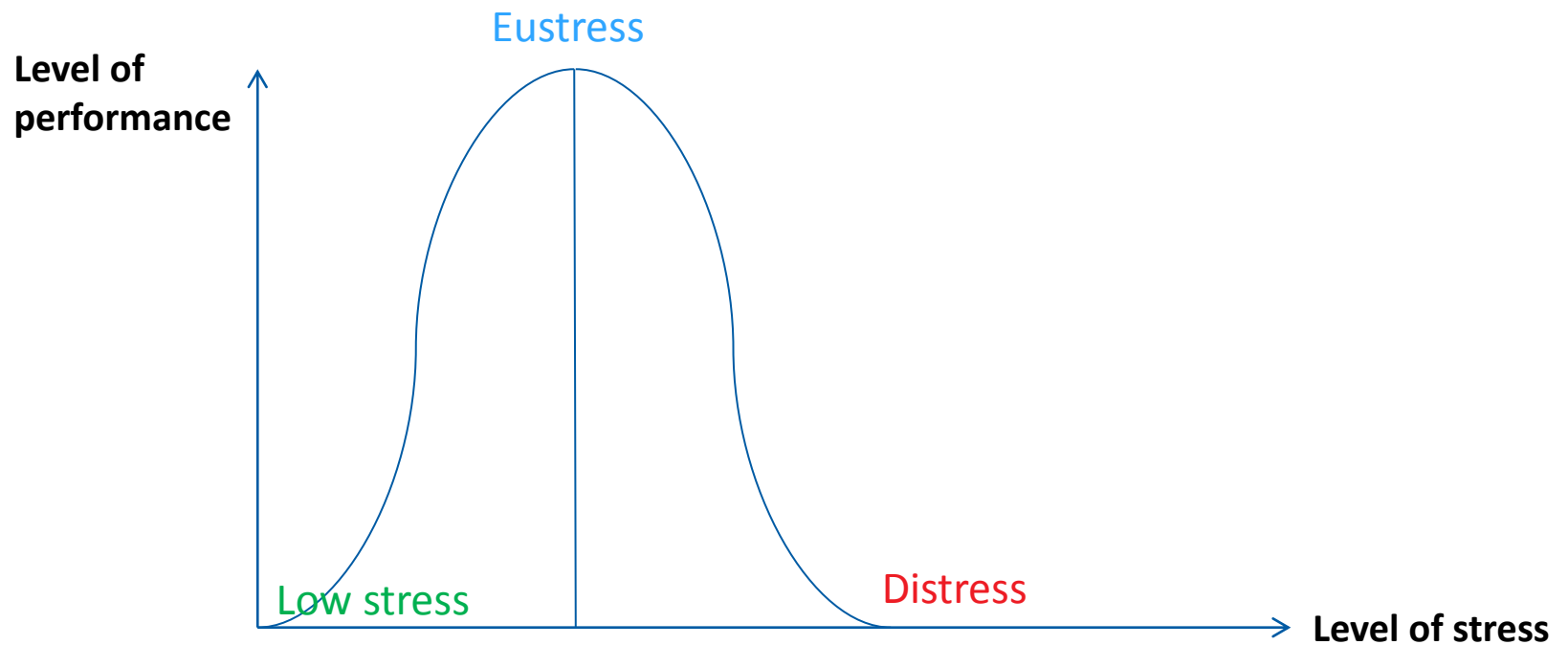
- “When problems arise, I don’t let it overwhelm me but try and find any positive linings that would help me to move on better than before.”

### Self-esteem

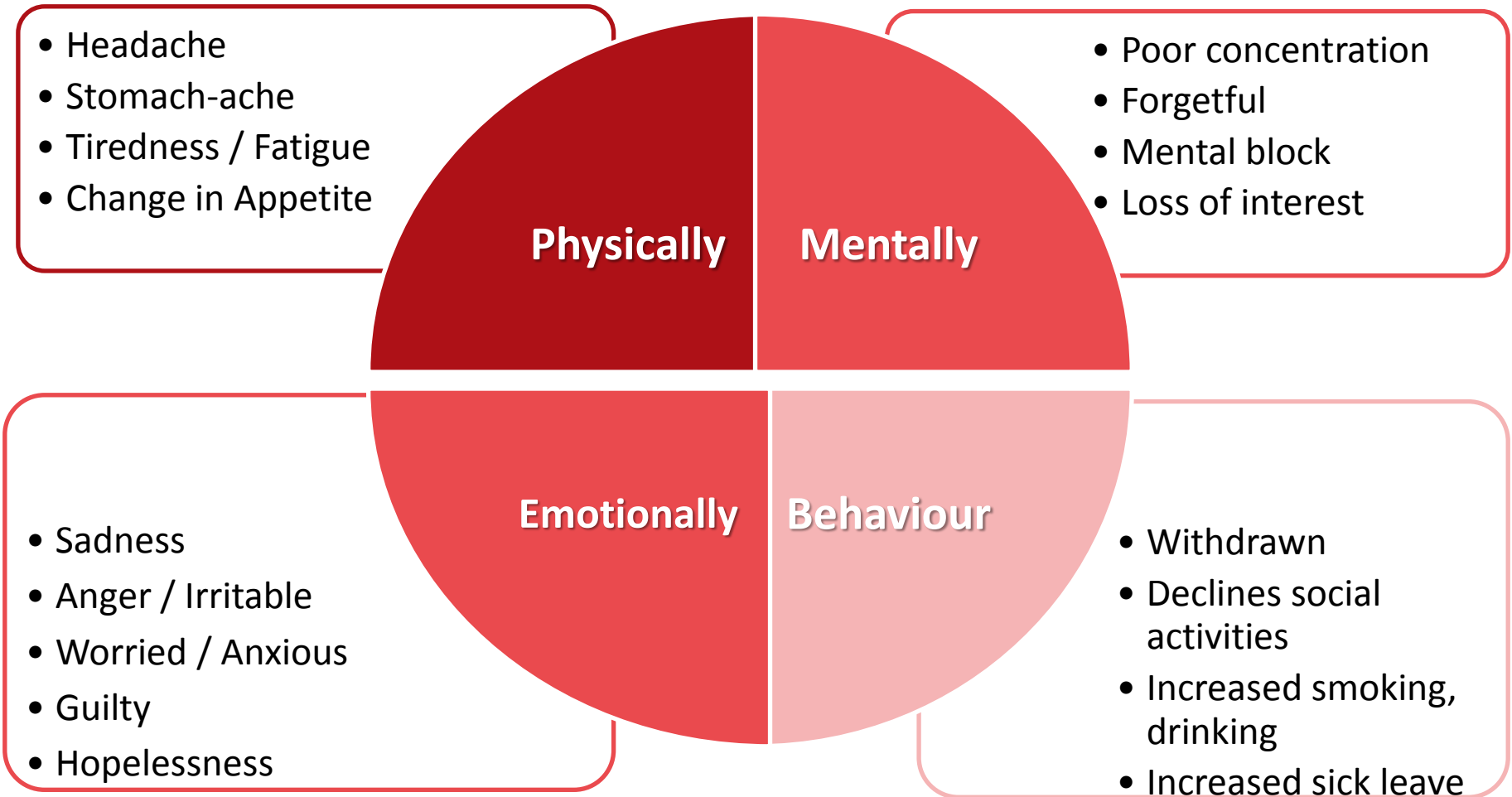
- “I believe that I have strengths and I am open to improving myself in order to help me become a better person.”

# About Stress

- There are generally 3 levels of stress.



# Signs of Stress



# Some Common Stressors (Work)

**Not able to  
work well  
with  
colleagues**

**Meeting  
expectations  
from parents**

**More  
overtime  
due to low  
manpower**

**Meeting  
expectations  
from  
supervisors**

**Tight  
deadlines  
from bosses**

**Too much  
workload**

# Some Common Stressors (Home)

**Worried about children's school work, results and health**

**Finance**

**Managing time for work, picking up children and cooking dinner**

**Clash of parenting styles**

**Communication barriers with spouse and children**

**Piles of housework**

# Identifying Your Thoughts

<b>Self-Critical Questions</b>	<b>Constructive Questions</b>
1) Why is this happening	What can I do to move forward?
2) Why me?	How can I grow from this challenge?
3) How could I let it happen?	What is within my control to change?
4) Why didn't I anticipate this?	What opportunities are out there for me?
5) What if.....?	What do I hope for?



# Negative Thoughts

## Mind Reading

You assume that you know what people think without having sufficient evidence of their thoughts “He thinks I’m a loser”.

You predict the future negatively. Things will get worse, or there is danger ahead “I’ll fail that exam,” or “I won’t get the job.”

## Fortune Telling

## Catastrophizing

You believe that what has happened or will happen will be so awful and un-bearable that you won’t be able to stand it. “It would be terrible if I failed”.

You interpret events in terms of how things should be, rather than simply focusing on what is. “I should do well. If I don’t then I’m a failure.”

## Shoulds

## What If ?

You keep asking a series of questions about “what if” something happens, and you fail to be satisfied with any of the answers. “Yeah, but what if I get anxious?” or “What if I can’t catch my breath?”

# How Can I Cope?

- Managing specific demands (work, family, relationships) that may be taxing and stressful
- Different people cope and manage stress differently
- 2 types of coping:
  - 1. Emotion-based coping**
  - 2. Problem-based coping**

# Emotion-based Coping

- Things that I can do to make myself feel better
- Examples: reading, cooking, exercising, listening to music, talking, surfing the internet
- Healthy coping strategies
- Smile your way out of stress **“The Pencil Experiment”**

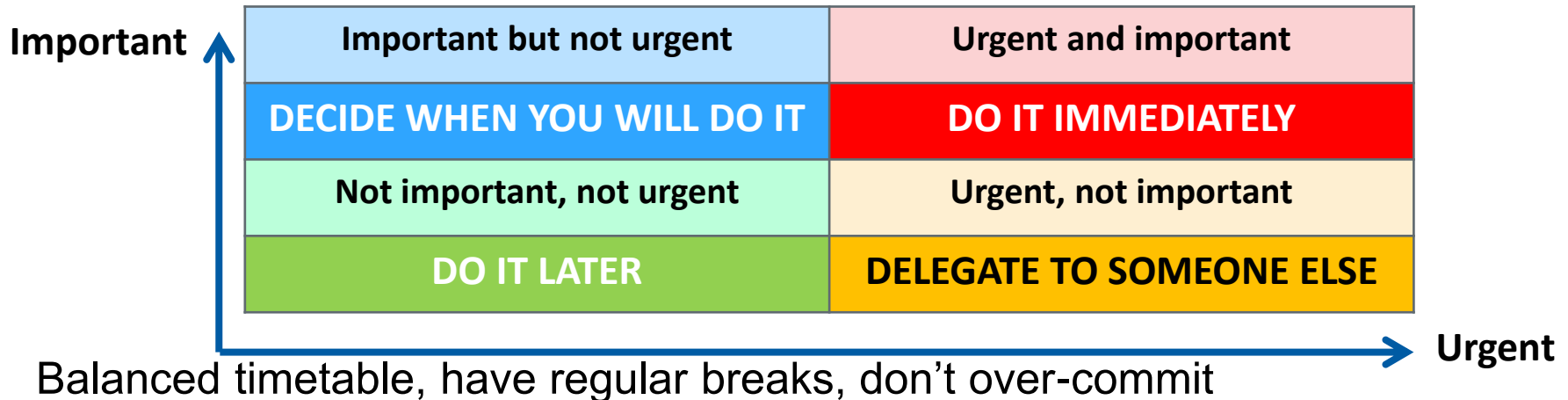
# Problem-based Coping

- Things that I can do to resolve or improve situation
- Internal Control vs External Control
- Examples:
  - ✓ Goal setting
  - ✓ Task management
  - ✓ Time management
  - ✓ Conflict resolution
  - ✓ Seeking support

# Problem-based Coping

## Simple Steps and Processes

- **Time management: Eisenhower matrix**



- **Task management:**

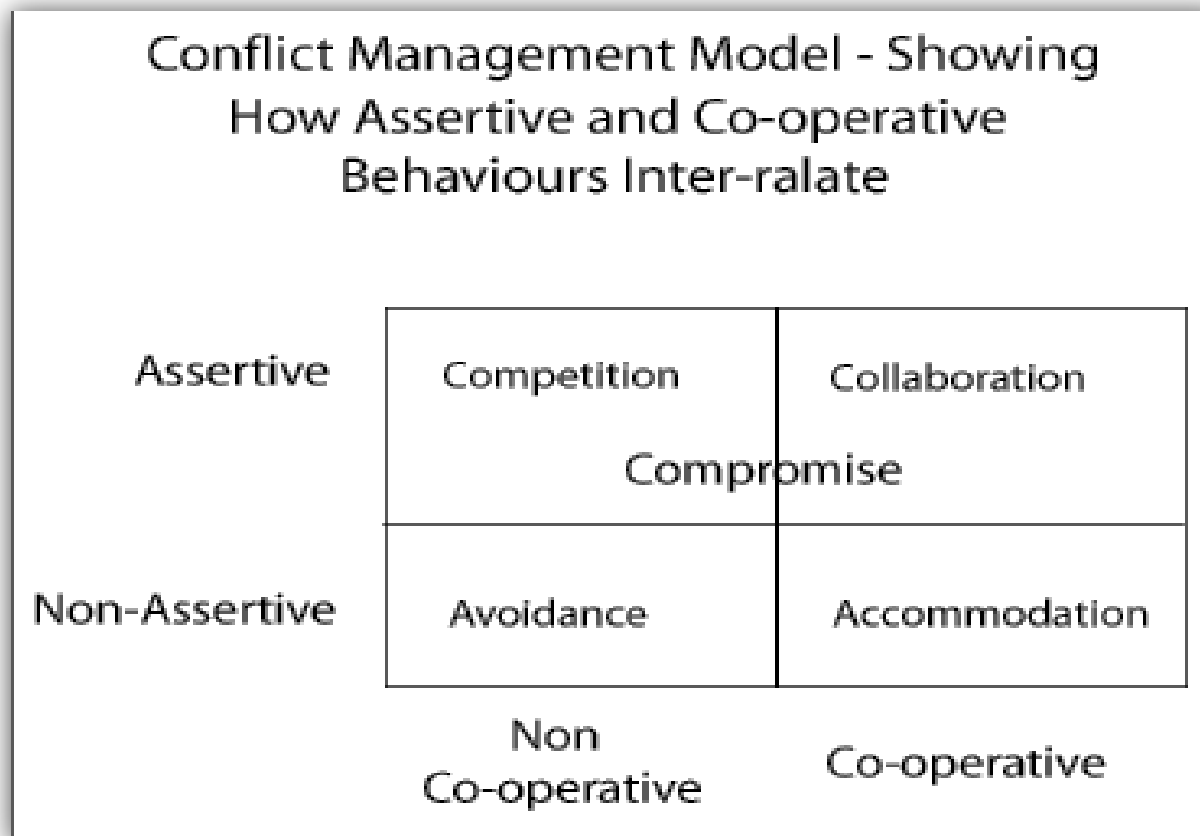
Prioritisation by importance, break into small tasks, delegate

- **Goal setting: S.M.A.R.T goals**

Specific, Measurable, Achievable, Results-oriented, Time-bound

# Problem-Based Coping

- **Conflict resolution: Conflict management model**



# Problem-Based Coping

- **Seeking Support**

Who can I speak to?

- A supportive family
- A supportive friend
- A supportive colleague
- A supportive supervisor

- **Journaling**

- **Mind-Mapping**

- **Seeking professional help**

# How Would I Manage?

- Triggers/Stressors?
- Emotions?
- Reaction?
- Recommended Emotion-based coping?
- Recommended Problem-based coping?



# Case Study: @ Home

You are facing tremendous stress at home because of the on-going quarrels and unhappiness with your partner. You spend long hours at work and your partner is very upset. You noticed that this has been affecting your mood, and you have been feeling really down. The couple relationship has become really strained.

# Case Study: @ Workplace

Your boss has been giving you more and more projects and responsibilities despite the tremendous amount of work you are already handling. You feel overwhelmed with the stress at work, yet you do not feel like your boss understands. There is a colleague who often pushes her work over to you and this results in conflicts at work too. You noticed that you are less motivated to go to work and you have been feeling really fatigued.

# Some Happy Triggers

- A quote

“Do what you can, where you are, with what you have.” – Theodore Roosevelt

- A photo

Family photo, with your loved ones, your friends, your pet, an event

- A memory

A trip, a childhood incident, past challenge that you have overcome successfully

- A story

Finding Nemo, Lion King, Despicable Me, Kungfu Panda,

- A rolemodel

Minion, Superman, Wonder Woman

- A song

Happy, Stronger, Bad day, The Climb, Count on Me, Bar Bar Bar

# Taking Care of Myself

*“For the world to treat you well, you have to treat yourself well. How can you feel like a mover and shaker when you have holes in your underwear?” – Andrew Matthews*

**Have  
sufficient  
sleep**

**Do things that  
make you  
happy**

**Exercise**

**Eat a  
balanced  
diet**

# Helplines & Resources

- **Talk2Us Helpline**  
**1800-8255-287**
- **Samaritans of Singapore (SOS)**  
**1800-221-4444**
- **National Family Service Centre**  
**1800-838-0100**