

Resilience Workshop - Inset Day

Stress - Mental Health Awareness - Resilience

Juggling the demands of modern life is stressful at any age – and the statistics would seem to agree! Stress is the number one cause of teenage illness and the number one cost to businesses in the UK. It is also the first step on the road to mental health issues.

In schools, teaching and support staff are the first line of defence against this growing crisis – and, to make things worse, many staff are already suffering themselves. But how can you tell the difference between someone who is just upset, someone who is putting themselves under too much pressure and someone who is already en-route to something far more serious?

Following the guidelines issued by Mental Health First Aid England, this one-day workshop examines precisely what stress illness is, how it is caused, how it can lead to mental health issues and how to spot the signs in students. It then equips staff with a unique model designed to build resilience throughout the school – in students and staff alike.



Description

Mental Health issues will affect almost a quarter of today's teenagers by the age of 19 and currently affect one in four adults. The annual economic cost to the UK is £70 - £100 billion (Source: OECD 2014).

We are living in an increasingly fast-paced, 24/7 environment where pressure to perform is higher than ever and both telephone communication and social media are omni-present.

Part one of this workshop is designed to help teaching and support staff to understand what stress is, how it leads to greater problems, how to spot mental health issues in students and how to provide immediate support.

Part two offers a unique model that is designed to build resilience whilst encouraging personal growth and offering a holistic, sustainable approach to well-being.



Benefits

Staff will understand exactly what stress illness is and how it can lead to more serious mental (and physical) health issues. They will also look in detail at what the different mental health conditions are and learn how to spot the signs in students.

Guidelines are given on how to support students based on the advice published by MHFA England.

Staff will benefit enormously on a personal level from the resilience training and will also then be able to support students in building their own resilience.



Content

The workshop is split into two parts with the first covering stress and mental health awareness whilst the second looks at resilience, including growth mindset and personal well-being.

Unfortunately, even in today's society, there remains an unjustified stigma and shocking level of misunderstanding about stress and mental health issues.

We look at the medical side of stress and how it can ultimately lead to heart disease, cancer or mental health issues.

But do you know what the early warning signs are and could you spot them in yourself or in students? This workshop identifies the common and specific signs for all six mental health categories and provides guidance on supporting student mental health issues in the school environment.

In the resilience section we learn to challenge habitual thought patterns replacing stress inducing language with resilient language.

We also look at the stress points in our lives, commit to making necessary changes and learn how to develop a growth mindset.

Finally, we take a holistic approach to well-being building strategies to combat stress illness.

