

Teaching “Well”

**Finding Your Path During
Challenging Times**

Part 2



Webinar Goals

- 1. Recognize the impact of stress**
2. Understand the dimensions of wellness
3. Understand the relationship between wellness and self-efficacy
4. Implement tools, strategies, and ideas

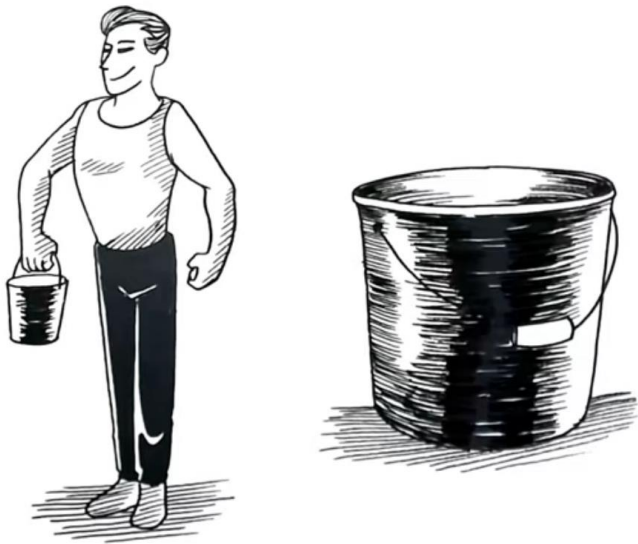


A red pencil is shown in the lower-left corner, drawing a large, dense, and colorful scribble that fills most of the frame. The scribble consists of many overlapping, chaotic lines in various colors including red, orange, yellow, green, blue, and purple. The pencil is positioned as if it has just finished or is about to finish drawing the scribble.

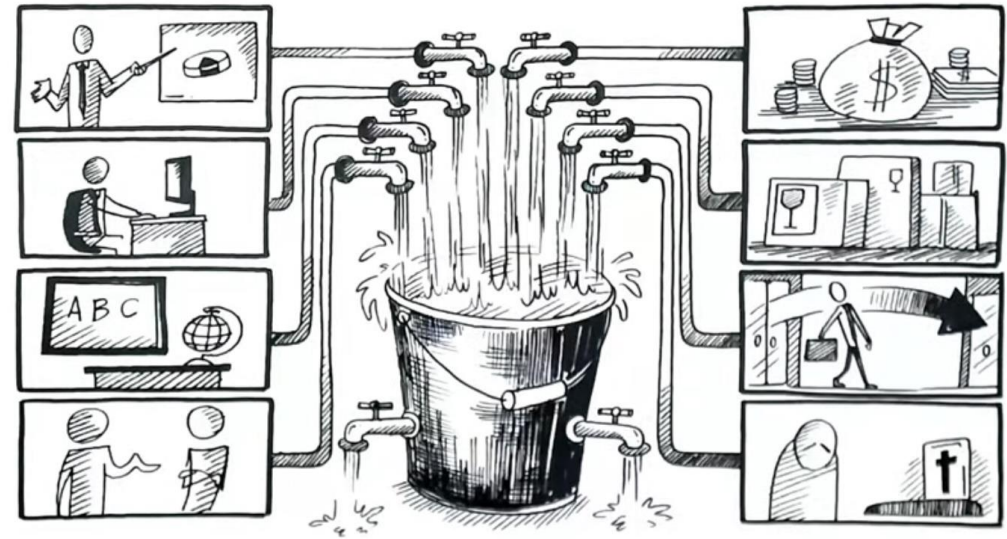
The Impact of Stress

Stress Bucket

Our stress tolerance, or the size of our bucket is a product of our genes, personality or life experiences.



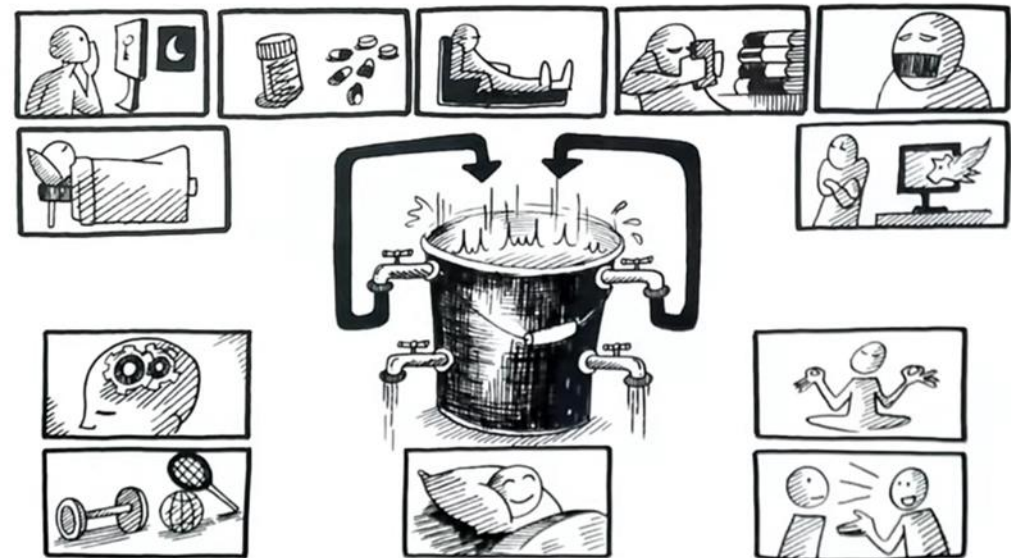
The water is the combination of all the stress you have in your life. It can include work, relationships, finances, moving and the loss of a loved one.



While you can't change the size of your bucket, you can make life adjustments to reduce water coming in. You can also learn new coping strategies to allow stress to drain out.



Unhelpful coping strategies or false taps might give temporary relief, but actually result in water flowing back into your bucket.

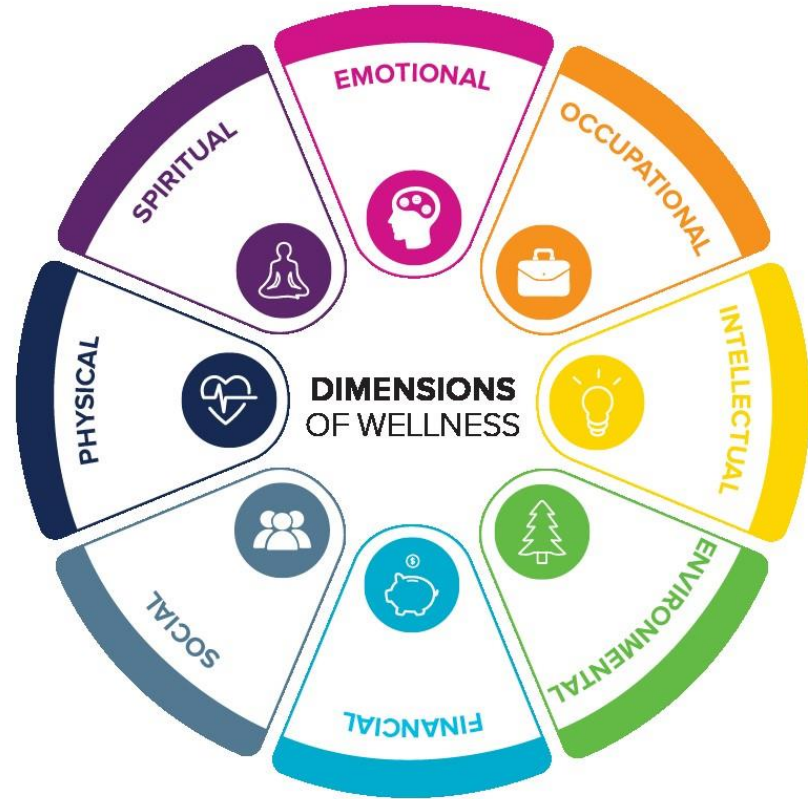


Webinar Goals

1. Recognize the impact of stress
2. **Understand the dimensions of wellness**
3. Understand the relationship between wellness and self-efficacy
4. Implement tools, strategies, and ideas



The Dimensions of Wellness



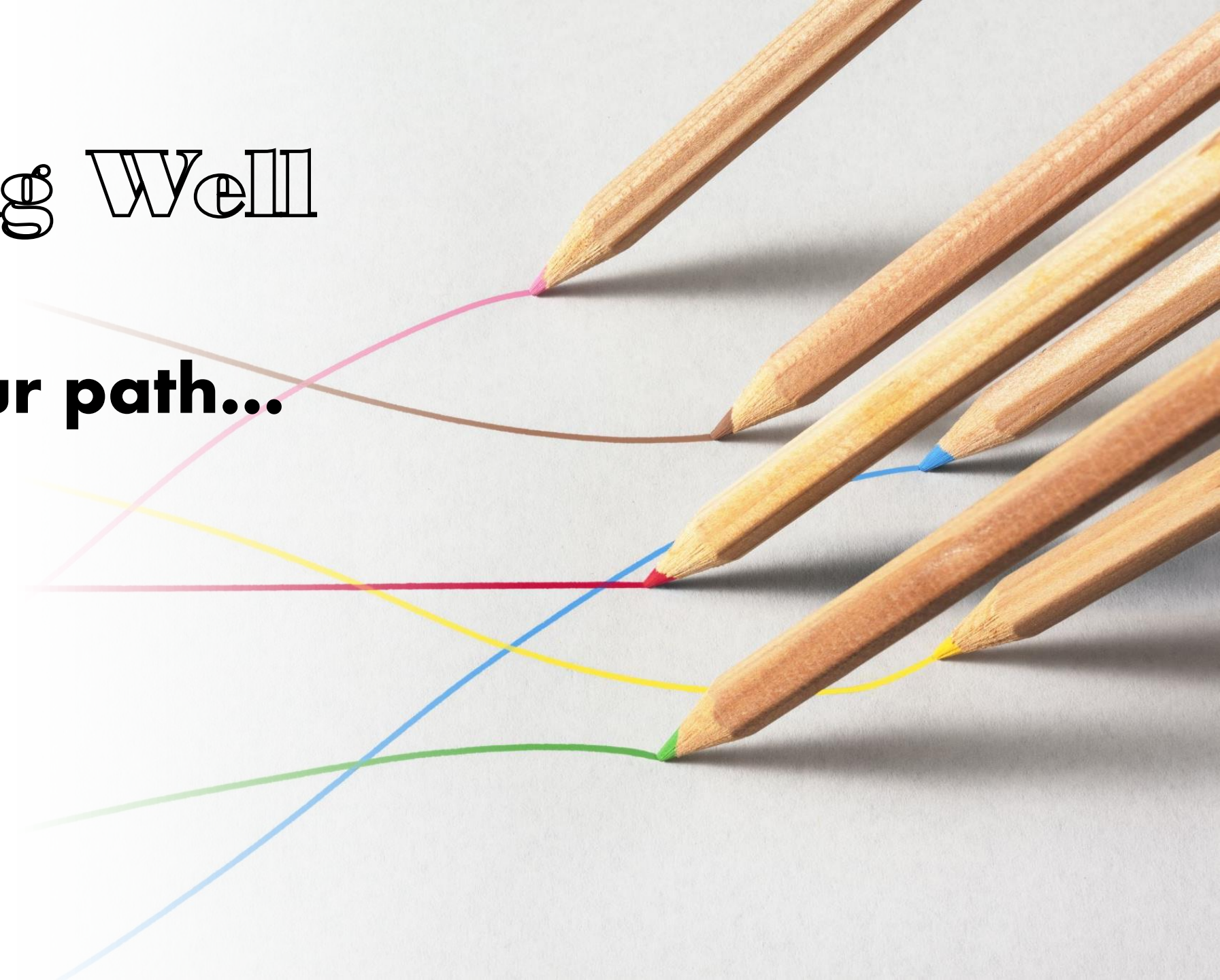
- ✓ Emotional
- ✓ Environmental
- ✓ Intellectual
- ✓ Physical
- ✓ Social
- ✓ Spiritual
- ✓ Occupational
- ✓ Financial

8 Dimensions of Wellness for Educators
The Learning Professional, February 2021



Teaching Well

Finding your path...



Emotional 

Physical 

How Exercise
Affects Your
Body and
Mind





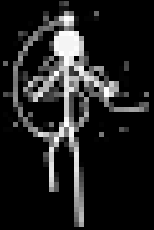
First, it's
an Intention



Then an
Action



Then a
Practice



Then a
Consistency



Then a
Habit



Then it's simply
Who you are

First, it's an Intention

Then an Action

Then a Practice

Then a Consistency

Then a Habit

Then it's simply Who you are

What Can Teachers Subtract From Their Workloads?

To subtract, add space. Subtracting is “adding the negative.”

12 - 6 is equivalent to 12 + -6. This mathematical concept applies to our work schedules as well. Add space to your day by booking in time for yourself to enjoy your lunch, take a walk, go for a coffee or reflect.

Think quality over quantity. Apply this to both lesson planning and assessment.

Delegate. As a form of strategic subtraction, teachers can delegate the thinking and learning, where it truly belongs, onto the students. Never do what a kid can do, as an approach to classroom jobs.

Edutopia – George Lucas Educational Foundation

Webinar Goals

1. Recognize the impact of stress
2. Understand the dimensions of wellness
- 3. Understand the relationship between wellness and self-efficacy**
- 4. Implement tools, strategies, and ideas**



“If you think you can,
you probably can. If you
think you can’t, well
that self-limiting and
self-fulfilling belief
might well stop you
doing something you’re
perfectly capable of
doing.”

Albert Bandura





Bandura's Self-Efficacy Theory of Motivation

Psychologist Albert Bandura has defined self-efficacy as people's belief in their ability to control their functioning and events that affect their lives.

One's sense of self-efficacy can provide the foundation for motivation, well-being, and personal accomplishment.

High self-efficacy has numerous benefits to daily life, such as resilience to adversity and stress, healthy lifestyle habits, improved employee performance, and educational achievement.

Self-Efficacy

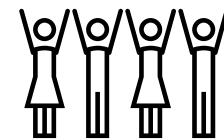
Performance Outcomes



Physiological Feedback



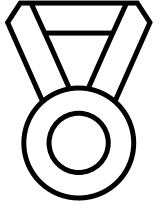
Social Persuasion



Vicarious Experiences



Performance Outcomes



The first source of self-efficacy is through how we have performed in tasks previously. Experiencing success, for example in mastering a task or controlling an environment, will build self-belief in that area whereas a failure will undermine that efficacy belief.

Implications for teachers:

Reflect on what went well at the end of each day.



Physiological Feedback



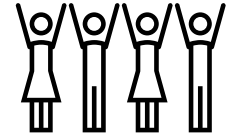
The mental and physiological state we are in will influence how we judge our self-efficacy. Stress, anxiety or depression, for example, can dampen confidence in one's capabilities, whereas positive emotions can boost our confidence in our skills.

Implications for teachers:

Intentionally focus your well-being to help manage stress and boost your positive emotions. Reach out to counsellors and other professionals to support your well-being.



Social Persuasion



Influential people in our lives, can strengthen our beliefs that we have what it takes to succeed. Being persuaded that we possess the capabilities to master certain activities means that we are more likely to put in the effort and sustain it when problems arise.

Implications for teachers:

Seek out coaches and mentors either in person, through books, or podcasts. Positive messaging from others is a great way to boost our own self-efficacy.



Vicarious Experiences



This comes from our observation of people around us, especially people we consider as role models. So, seeing our peers succeeding by their sustained effort raises our belief that we too can master the activities needed for success in that area.

Implications for teachers:

Look for examples of what you want to succeed at. Visualization is another powerful strategy. See yourself having succeeded and celebrating afterward.



Teaching “well” is...

