

# School Mental Health Support

Surrey SD



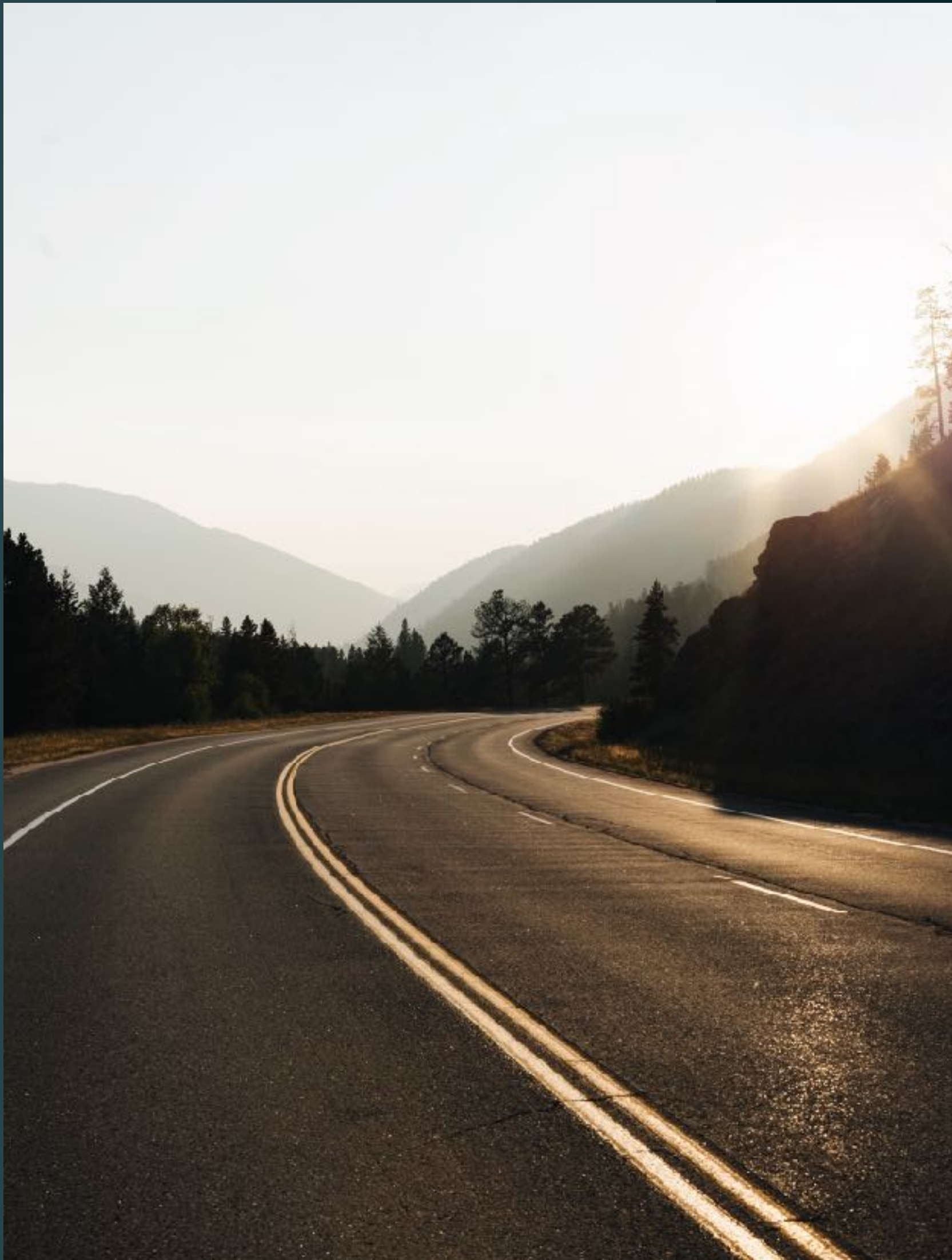




## Dr Hayley Watson

- Clinical Psychologist
- PhD in School Bullying
- 5 Degrees - Psychology/Criminology
- 15 years School Program Development
- International Mental Health Speaker





## Outcomes of this Session

- The Stress Cycle
- The Impacts of Trauma
- 5 Simple Tools for Supporting Yourself





# Schools are **STRESSFUL!!!**

- 15000 decisions a day!
- Unpaid overtime
- Under-appreciated
- Oh, and transition to online. NOW.

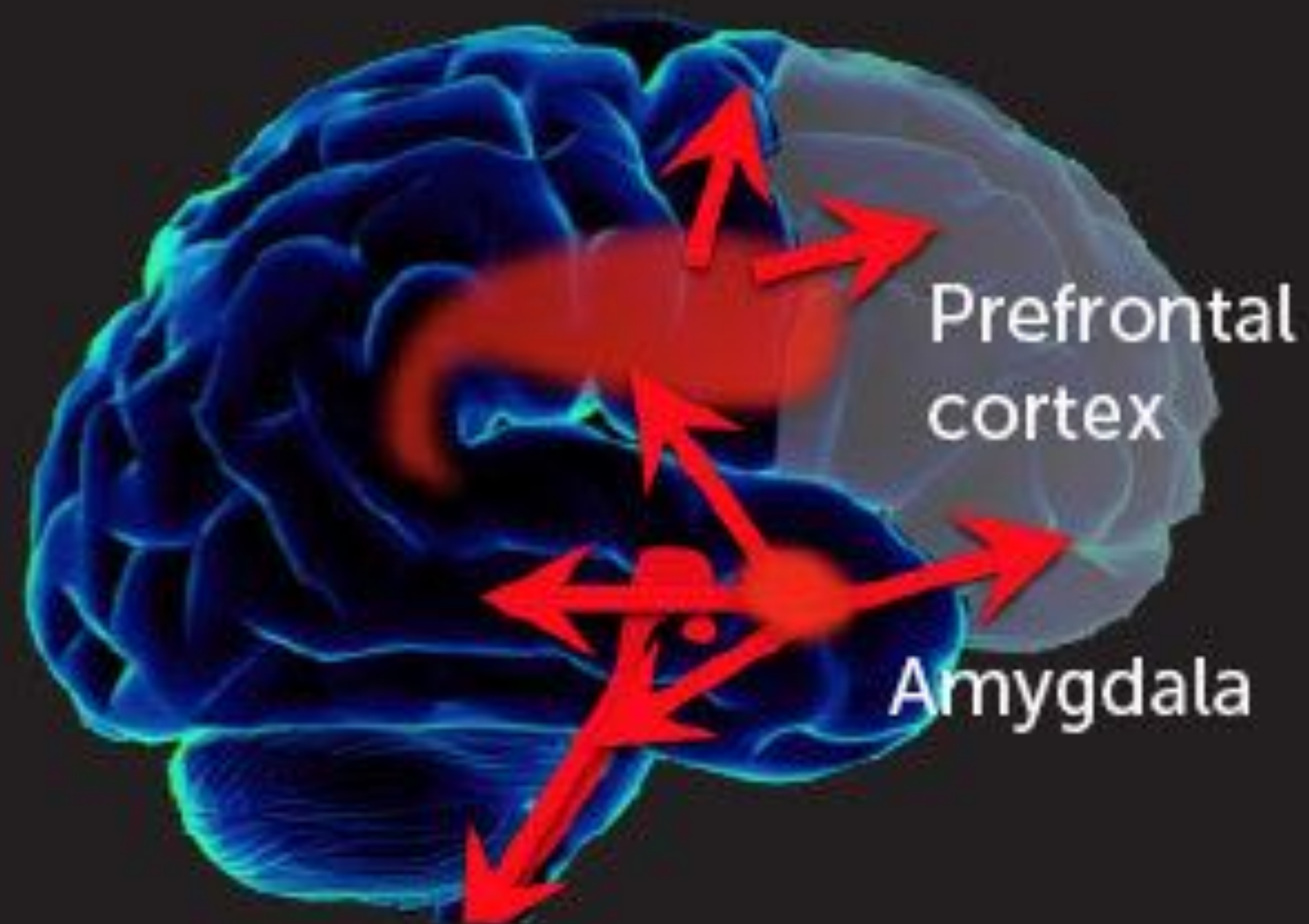


## Unstressed



Tight control of thoughts,  
emotions and actions

## Stressed



Weaker control of thoughts,  
emotions and actions





# Stress = Excitement

- Hit of Dopamine
- Alert
- Focussed
- "Important"







# Tool #1: What ADDS to my stress?

- I "Should"...
- I "Need"...
- I "Hate"...



# "Should"



# Wellbeing

See our own limitations  
AND our full potential







## "Mindfulness"

...Seeing the contents of my own mind

Seeing CREATES change!

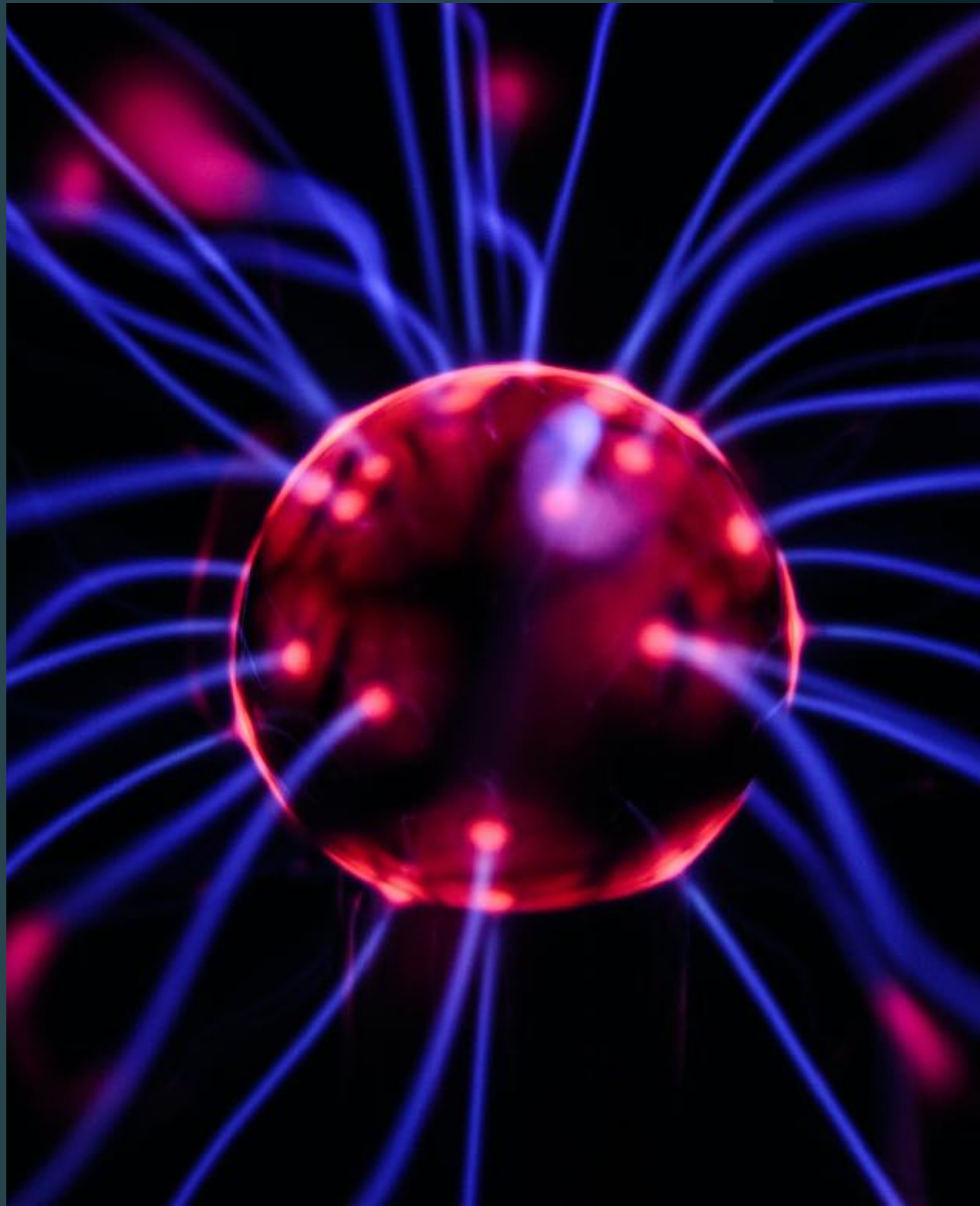


# Brain Strength

- The part of your brain that “sees” the pattern = UNSTRESSED



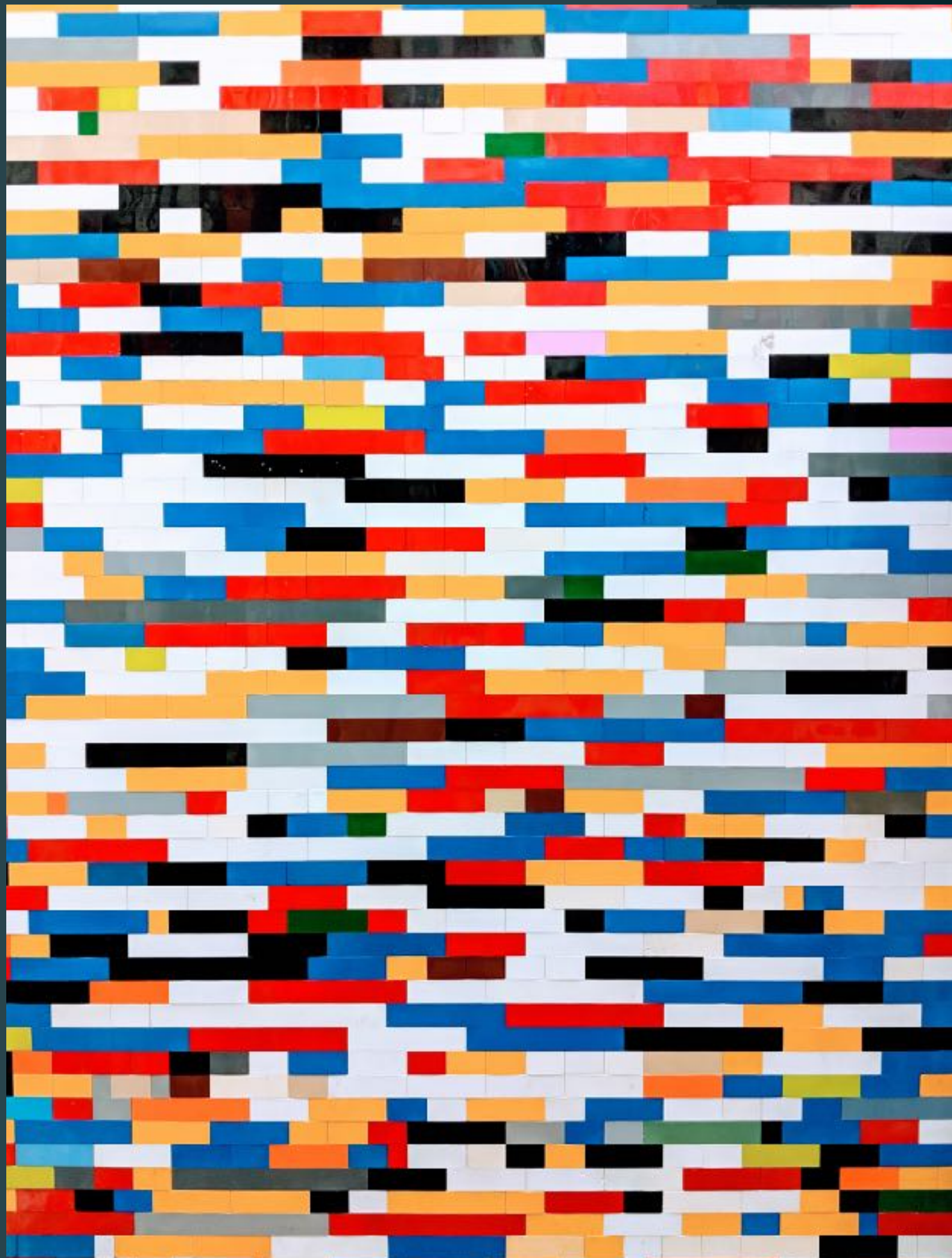




# Pathways

- Our brains follow patterns
- We can create NEW patterns anytime





## Tool #2: What is my PATTERN?

- **Incident:** Adding something to my list
- **Thought:** "I won't get it all done!"
- **Feeling:** Fear
- **Sensation:** Tensed, tight
- **Action:** Rush, short-tempered
- **Outcome:** Get less done (affirms the thought!)



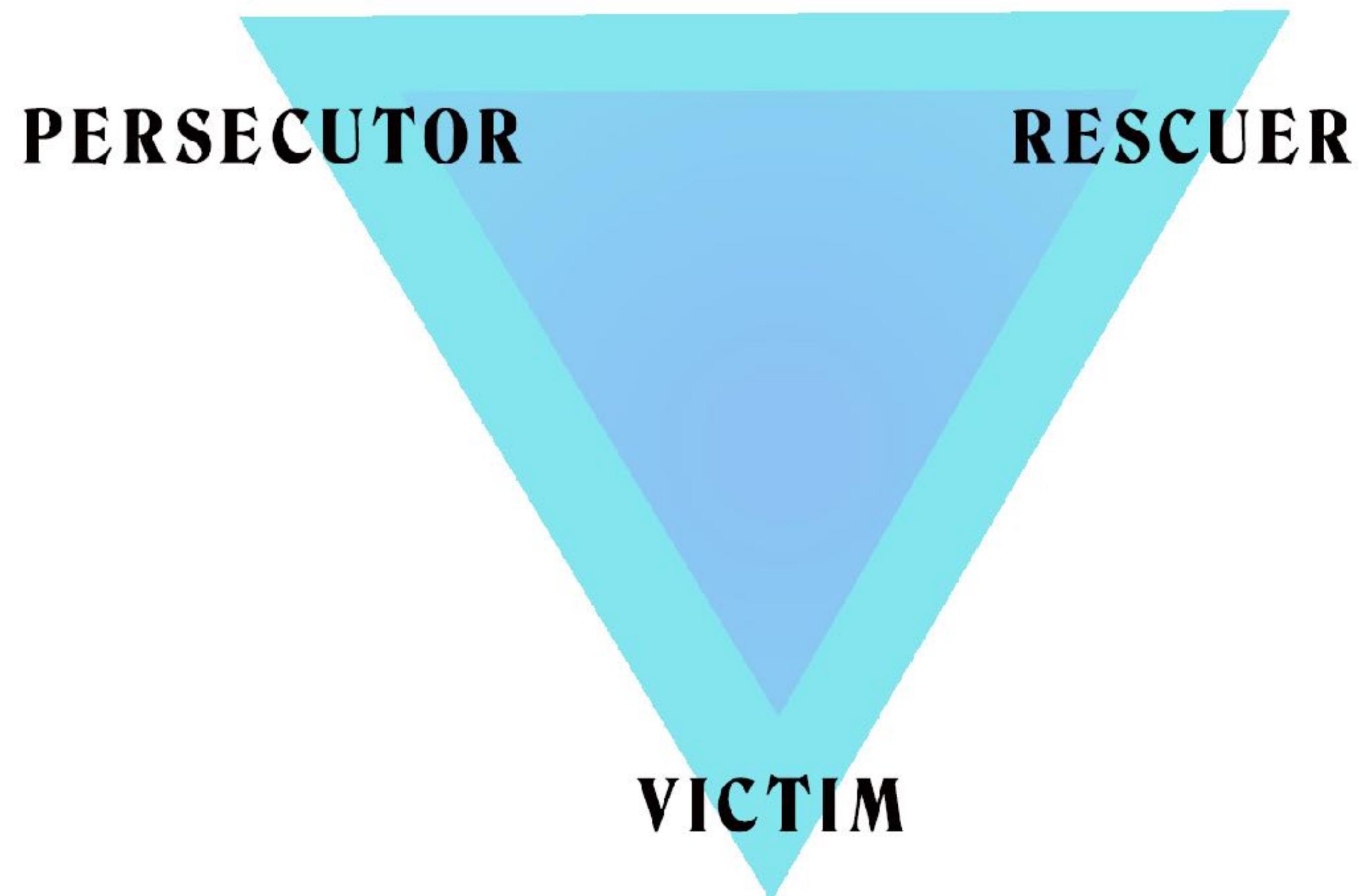
MENTAL OVERWHELM =

BIOLOGY + EARLY LIFE TRAUMA +  
CURRENT STRESSFUL EXPERIENCE









**KARPMAN DRAMA TRIANGLE**



**SAD=**  
**BAD**



**'negative'**

**EMOTIONS**

**HAPPY=**  
**GOOD**



**'positive'**





openparachute.

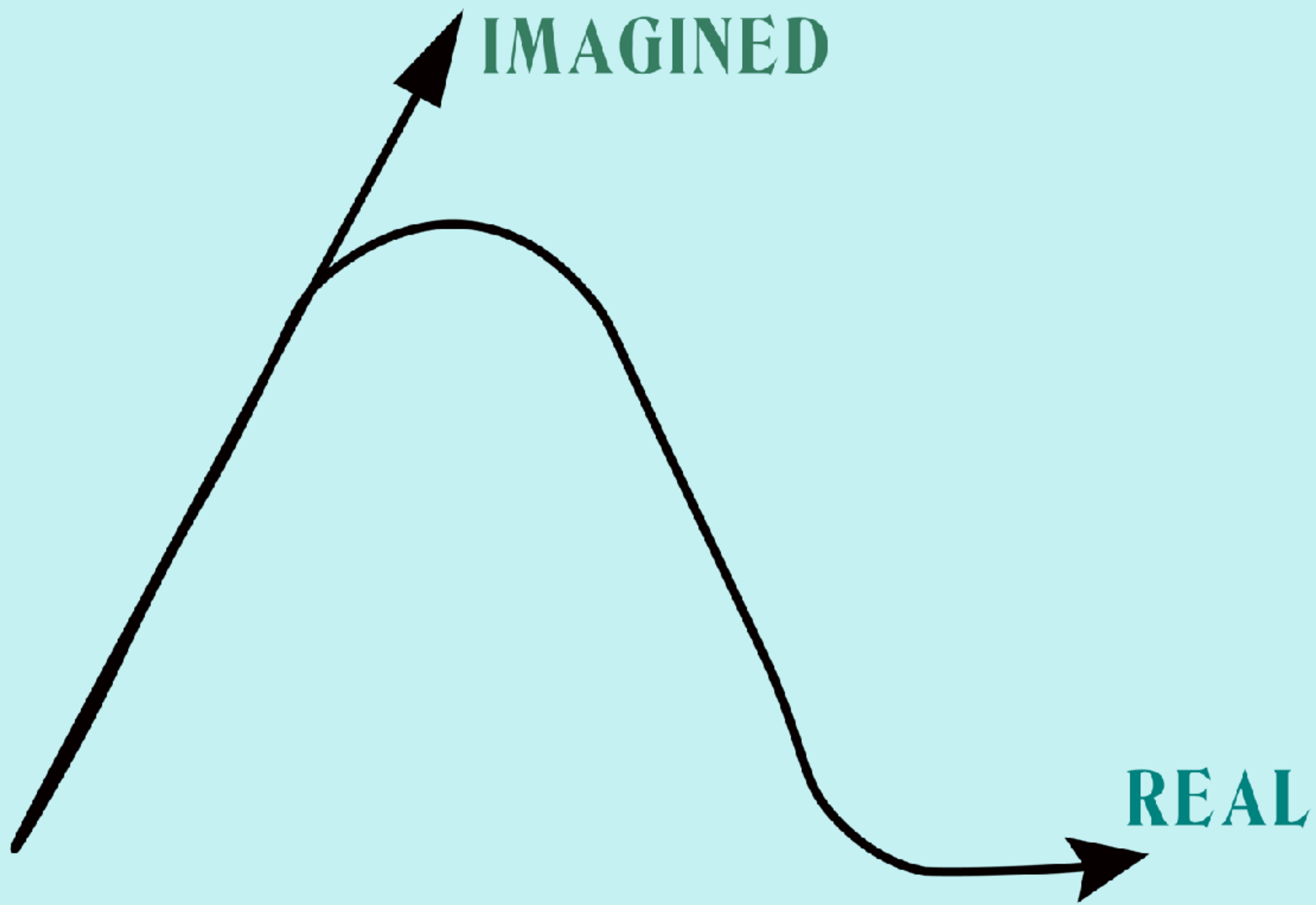




## Tool #3: What am I FEELING?

- Drop the STORY









## New Pathway!

- Part of your brain that sees the feeling = UNSTRESSED
- First time is the hardest
- The next time your mind is stressed, it has a NEW OPTION

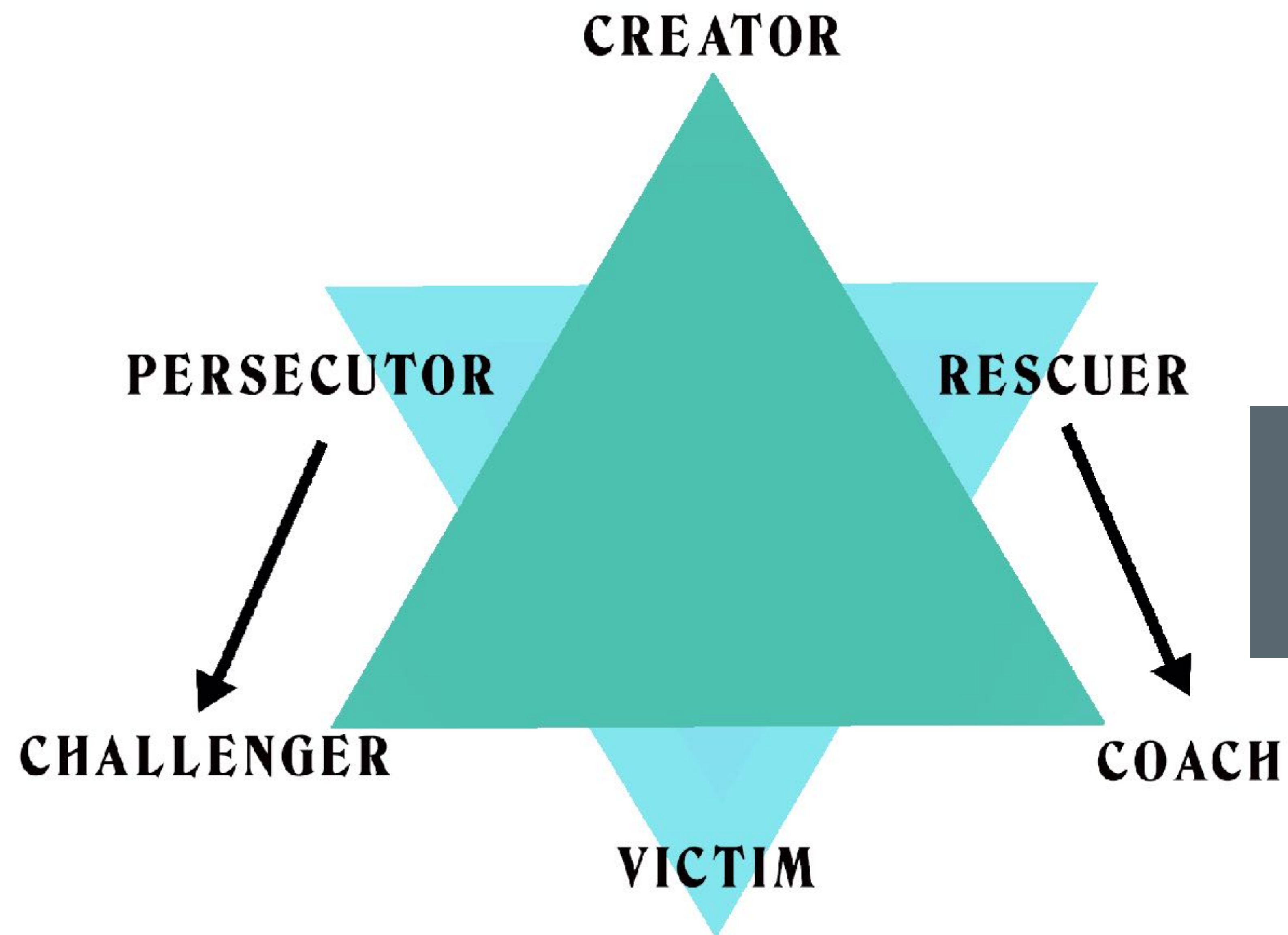




## Tool #4: What POWER do I have?

- What is one thing I can do differently?





**Finding Power**





## Seeing yourself Differently

- Not "should", not "perfect"
- Experiencing your own Agency
- The part of your brain that has AGENCY =
- The UNSTRESSED PART!!!!



## Tool #5: What do I CARE about?





# What Values need more Focus?





# Living in line with your Values

- What is one thing you can do EVERY DAY that reflects your values?
- What do you need to REMOVE or think about LESS in order to live your values?







# The Joyful Brain

- Is NOT STRESSED!

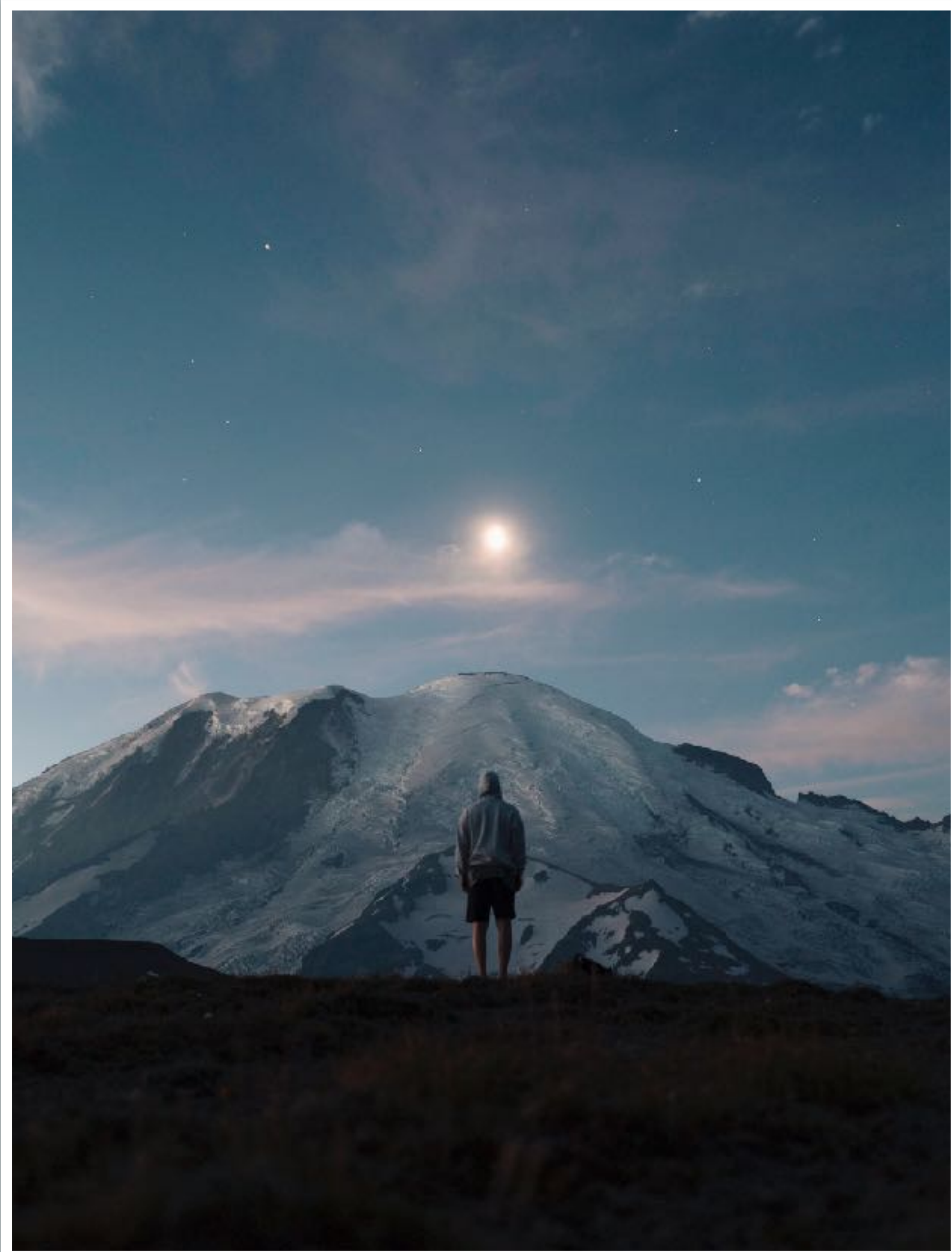




## 5 Tools to Strengthen your Brain

1. See what adds to my stress
2. Notice my patterns
3. Connect to my feelings
4. Make one small change
5. Do something that matters to me





**SIMPLE.**  
**NOT EASY.**