

PRIORITISING WELLBEING WHEN YOU'RE TOO BUSY TO PRIORITISE YOUR WELLBEING

Adrian Bethune - Jan 2024

1

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2

TO GET THE MOST FROM TODAY

3

FLUFFY WELLBEING NONSENSE




4

SCIENCE OF WELLBEING










5

WE CAN LEARN TO BE HAPPIER




Prof. Laurie Santos

1. We can control more of our happiness than we think.
2. Our life circumstances don't matter as much as we think.
3. Happiness takes work and daily effort.
4. Healthy living matters more than we think – sleep, eating, exercise.
5. Knowing what makes you happy doesn't make you happy. It's about action.

6

WE CAN LEARN TO BE HAPPIER




Action for Happiness Course Evaluation

7

WHAT IS WELLBEING?

8

Pleasure ← **Purpose**



WHY?

9

WHY DOES YOUR WELLBEING MATTER?

10

TEACHER WELLBEING INDEX 2023

2. Mental health of education staff

81%	45%	39%
of all staff experienced symptoms due to their work (64% of senior leaders, 82% of school teachers)	of staff thought the symptoms could be signs of anxiety - compares to 22% of the population of Great Britain having high anxiety levels	of all staff have experienced a mental health issue in the past academic year (41% of school teachers, 59% of senior leaders)

11

Burnout cascade → **Poor outcomes**

- Poor school climate
- Worsening behaviour
- Emotional exhaustion
- Callous/cold reactions

(Greenberg & Jennings 2009)

12

Happier leaders

Better leaders

- Less time off sick
- More productive
- More creative
- Better student outcomes

(Glazzard & Rose, 2019, Bajorek, et al. 2014 Briner & Dewberry, 2007)

13

YOU ARE A ROLE MODEL

"Children learn far more from their caregivers' unconscious behaviours, than any of their conscious manipulations." Prof. Alison Gopnik

14

"Happiness is the meaning of life, the whole aim and end of human existence."

15

YOUR WELLBEING MATTERS

JOB

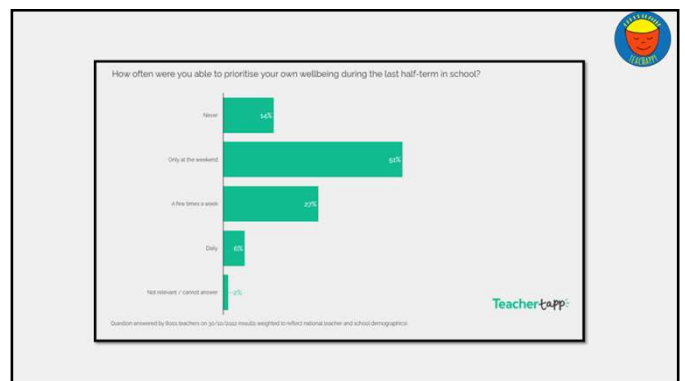
PUPILS

LIFE

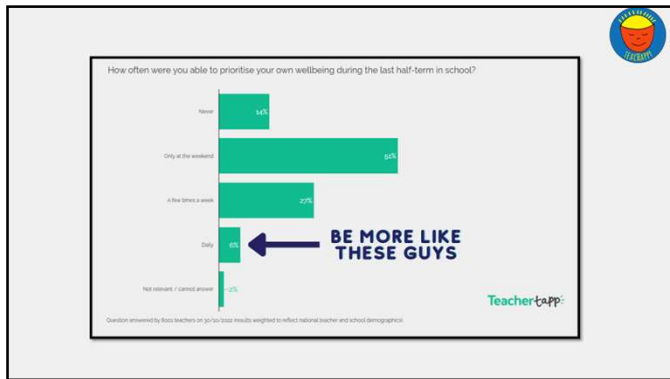
16

WE ARE NOT GREAT AT PRIORITISING WELLBEING

17



18



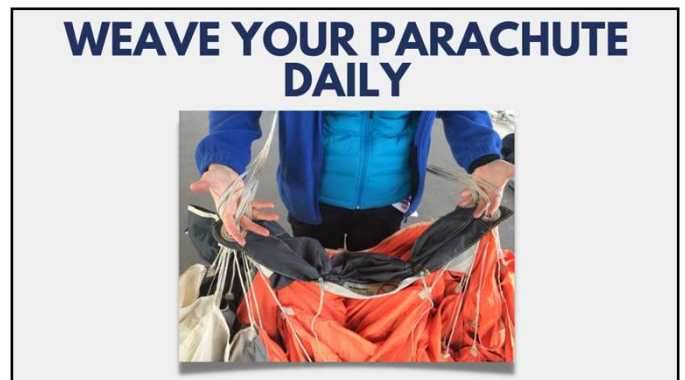
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20

“
 The world will keep turning without you. Let go of the idea that your way is the only way, that you are the only one who can make it happen.
 ”
 HAEMIN SUNIM

21



22


DEVELOP YOUR PSYCHOLOGICAL IMMUNE SYSTEM

Prof. Tal Ben-Shahar

23




24




Jon Kabat Zinn

“The most important step in breaking free from a lifetime of stress reactivity is to be mindful of what is happening while it’s actually happening.”



25

RESPONDING TO STRESS




Stress Indicators
e.g. irritable, loss of appetite, sleep issues, stiff neck


<p>Unhelpful actions</p> <p>e.g. stay up late, eat junk food, watch rubbish TV, work more and cancel plans, avoid work.</p>	<p>Helpful actions</p> <p>e.g. Take dog for a walk, play football, meditate, cook, talk with my wife, see friends</p>
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26

COPING MECHANISMS





Active	Passive
<ul style="list-style-type: none"> You're in control Proactive Solutions-focused Seek social support Talk to trusted others 	<ul style="list-style-type: none"> Ruminating Suppressing thoughts Avoidance Self-medicate More likely to develop a mental illness



27

NOTICE SYMPTOM VARIATION

Prof. Ellen Langer

“We need to notice not only when we have a symptom but when we don’t have it, or have it to a different degree...
Paying attention to variability helps us see that symptoms come and go, which helps us home in on the situations and circumstances that might contribute to these fluctuations so that we might exert some control over them.”

28





SMALL THINGS, CONSISTENTLY DONE



29

DENTAL HEALTH VS MENTAL HEALTH

Prof. Richie Davidson

30

10 MIN WALK A DAY



“There are substantial benefits to heart health and reducing your risk of cancer even if you can only manage 10 minutes every day.”

Prof. James Woodcock

31

Prioritising your wellbeing simply means you do small things each day that support your wellbeing, that you give priority to.



32

- Nutritious food
- Regular physical activity
- Short mindfulness practices (Headspace)
- Watch less TV
- Go to bed earlier
- Read part of a good book each day
- Meet friends (who aren't teachers!)
- WWW at the end of the day
- Quality family time
- Watch things that make me laugh



33

DOING NOTHING AT ALL

VS

MAKING SMALL CONSISTENT EFFORTS:

$(1.00)^{365} = 1.00$

34

DOING NOTHING AT ALL

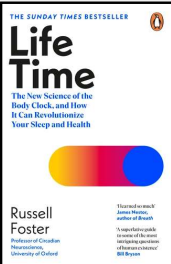
VS

MAKING SMALL CONSISTENT EFFORTS:

$(1.00)^{365} = 1.00$

$(1.01)^{365} = 37.7$

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“You have to identify what works best for you, and then defend those behaviours!”

Prof. Russell Foster

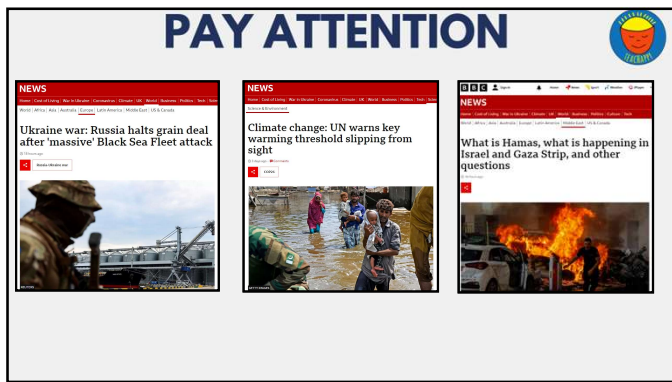
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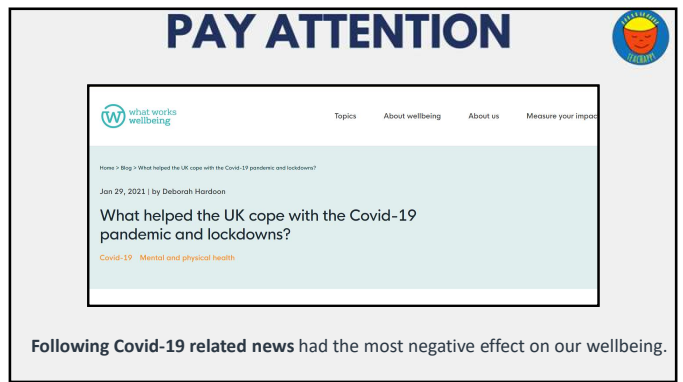
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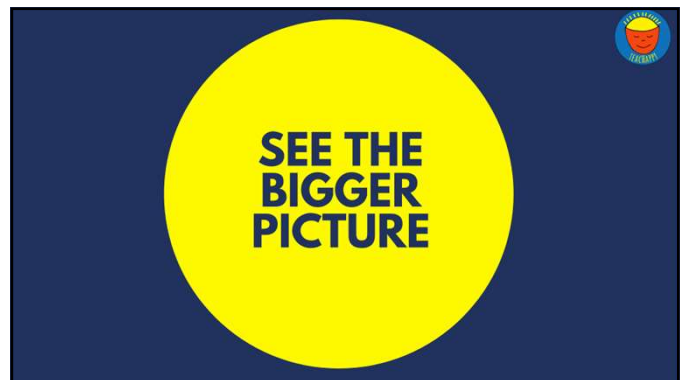
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44



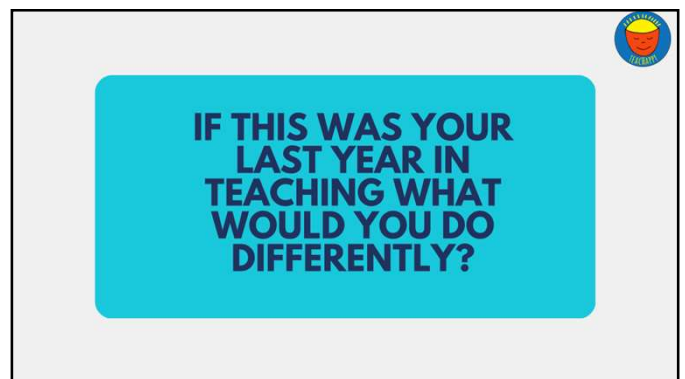
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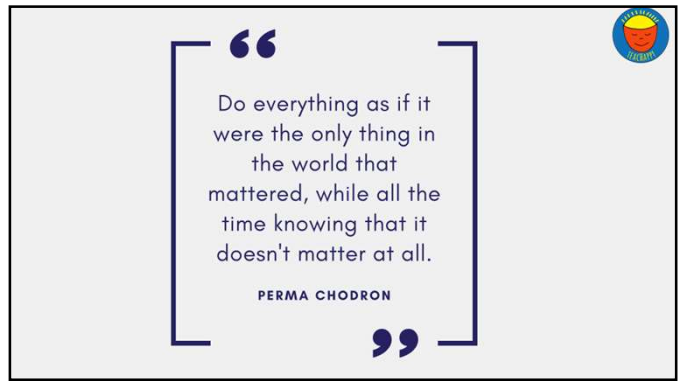
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52



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54