



# The Wellbeing- Resilience Toolbox

Teacher Manual

# THE WELLBEING- RESILIENCE TOOLBOX FOR TEACHERS



© 2020 Stride In2Life

Apart from fair use permitted under the Copyright Act 1968, no part may be reproduced by any process, nor may any other exclusive right be exercised, without the permission of Stride, 11 Clarence Street, Bentleigh East 3165

Ph:03 9088 5520

# Wellbeing-Resilience Toolbox for Teachers

## Table of Contents

Course Overview	Page 4
The 7 Habits of Highly Resilient Teachers	Page 5
Habit # 1: STRETCH	Page 6
Habit #2: TRUST	Page 7
Habit #3: RESILIENT MINDSET	Page 8
Habit #4: ENERGY	Page 9
Habit #5: NOWNESS	Page 10
Character Strengths	Page 11
Habit #6: GRIT	Page 12
Habit #7: THANKFULNESS	Page 13
Bonus Habit #8: HUMOUR	Page 14

# Wellbeing-Resilience Toolbox for Teachers

## Course Overview

Welcome to The Resilience Toolbox for Teachers.

As Education leaders it is essential that you are functioning at your best. This means managing your stress levels and your mindset. To help you express the best version of yourself, this course focuses on our **C.O.R.E S.T.R.E.N.G.T.H MODEL**

This is made up of the 8 habits of highly resilient teachers plus their 4 learning outcomes. These can be explained as follows:

**CONFIDENCE**

**OPTIMISM**

**RESILIENCE**

**EMPOWERMENT**

**STRETCH** out of your comfort zone

**TRUST**

**RESILIENCE**

**ENERGY**

**NOWNESS**

**GRIT**

**THANKFULNESS**

**+ BONUS HABIT**

**HUMOUR**

### LEARNING OUTCOMES:

**CONFIDENCE:** Knowing your strengths and believing in your capabilities

**OPTIMISM:** Being solutions focused and embracing a positive outlook

**RESILIENCE:** Focusing on Feedback and growth mindset

**EMPOWERMENT:** Choosing habits that bring out the best version of yourself

# Wellbeing-Resilience Toolbox for Teachers



## The 8 Habits

OF HIGHLY RESILIENT TEACHERS

Each habit can be explained as follows:

**STRETCH** out of your comfort zone and challenge yourself

**TRUST** your instincts

**RESILIENCE** is having a growth mindset

**ENERGY** flows where your focus goes

**NOWNESS** is the key to being present

**GRIT** is your character strengths

**THANKFULNESS** is appreciating all you have

**HUMOUR** is a way to find the joy in situations

# Wellbeing-Resilience Toolbox for Teachers

## HABIT #1: STRETCH

### The Comfort Zone

The Comfort Zone is the space within each of us where we play safe and small .

Although emotional and physical safety are imperative, we need to ensure that we are challenging ourselves and always growing.

#### Self Reflection:

Where am I playing small and safe?

---

---

---

---

---

What are 3 things I can do to STRETCH outside of my comfort zone?

---

---

---

---

---

# Wellbeing-Resilience Toolbox for Teachers

## HABIT #2: TRUST

### TRUSTING YOUR INSTINCTS

Self-trust is an essential Resilience Skill. Very often we let the opinions and pressures of others cloud our own judgment. Read through and answer the questions below.

#### Self Reflection:

How would I rate my ability to TRUST myself? ( Give yourself a rating between 0-10.

0 is non-existent and 10 is excellent)

---

For what reason(s) did I give myself this rating?

---

---

---

---

---

How can I TRUST myself more?

---

---

---

---

---

# Wellbeing-Resilience Toolbox for Teachers

## Habit #3: Resilient Mindset



Resilience to me is:

---

---

---

---

---

---

---

---

---

---

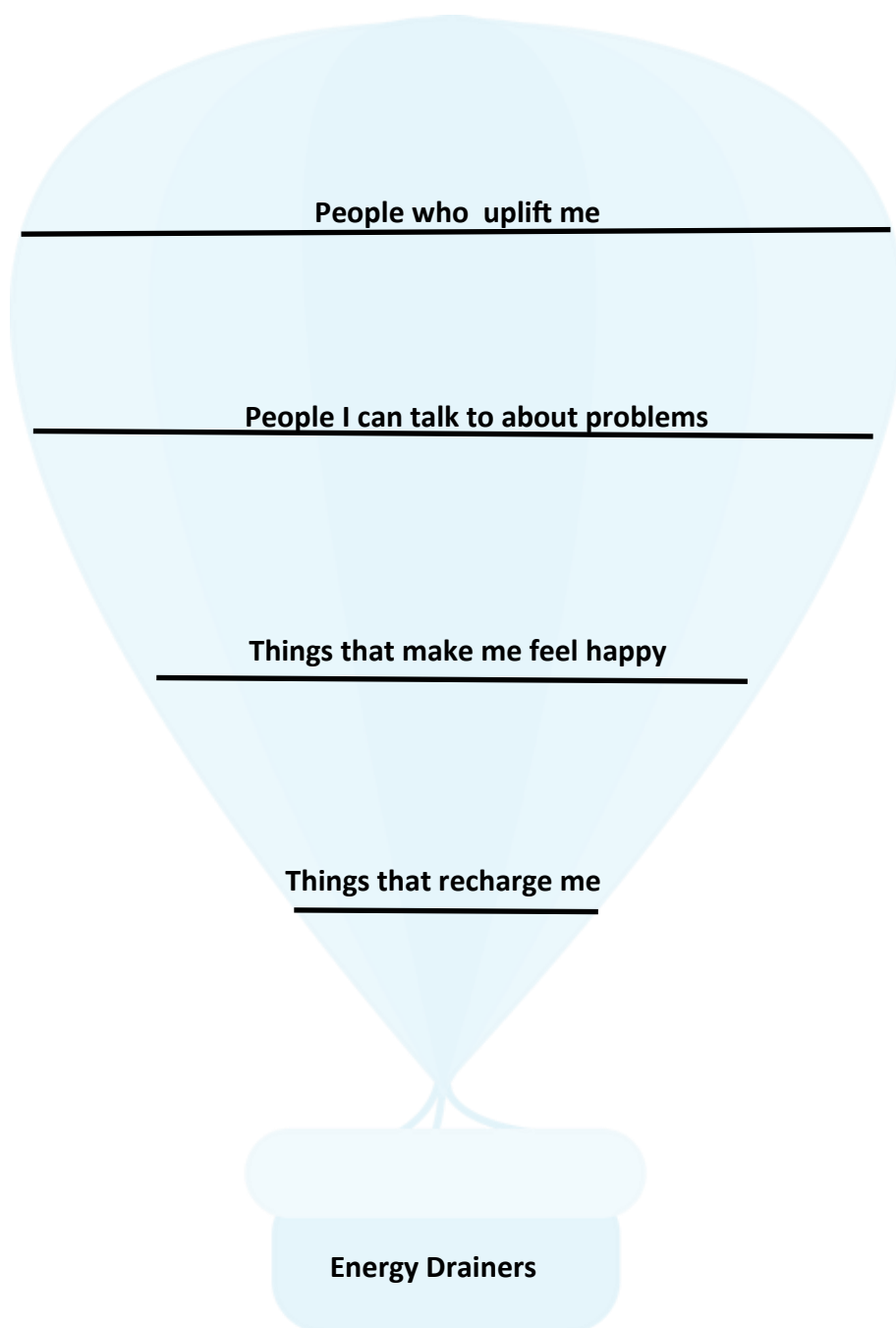
---

---



# Wellbeing-Resilience Toolbox for Teachers

## Habit #4: Energy



# Resilient Toolbox for Teachers

## HABIT #5 : NOWNESS

### Mindful habits to keep you in the Now

Mindfulness is an important habit to maintain a sense of calm and wellbeing. In this section we will highlight the difference between an emotional reaction and a mindful response.

We will also identify ways for you to bring mindfulness into your schedule and outline a self-care plan.

### Self Reflection:

What Mindful habits can I bring into my schedule?

---

---

---

---

---

---

When can I practice these habits as a commitment to my Self-Care?

Habit	Day	Time



Positive steps for young people

# Wellbeing-Resilience Toolbox for Teachers

## Character Strengths

Ability	Forgiving	Open-minded
Accepting	Forthright	Passionate
Accountable	Free	Patient
Adventurous	Friendly	Peaceful
Ambitious	Fun	Perceptive
Articulate	Generous	Persistent
Assertive	Gentle	Persuasive
Appreciation	Graceful	Playful
Authentic	Grateful	Practical
Aware	Growing	Proactive
Balance	Happy	Pure
Beautiful	Healthy	Purposeful
Capable	Helpful	Relaxing
Candid	Honest	Reliable
Calm	Honorable	Resilient
Caring	Hopeful	Resourceful
Certain	Humble	Respectful
Charismatic	Imaginative	Responsible
Cleanliness	Independent	Responsive
Committed	Innovative	Reverent
Compassionate	Insightful	Self-directed
Confident	Inspiring	Self-discipline
Considerate	Intuitive	Serene
Content	Integral	Service
Cooperative	Intelligent	Sincere
Courageous	Joyful	Sociable
Courteous	Just	Steadfast
Creative	Kind	Strength
Curious	Loving	Spiritual
Decisive	Loyal	Systematic
Detached	Mature	Tactful
Determined	Meticulous	Thankful
Devoted	Merciful	Tolerant
Disciplined	Mindful	Trustful
Dignified	Moderate	Trustworthy
Diligent	Modest	Truthful
Empathetic	Nurturing	Understanding
Energized	Noble	United
Enthusiastic	Obedient	Valuable
Excellent	Objective	Versatile
Expressive	Organized	Whole
Fair	Orderly	Wise
Flexible	Open-hearted	Zealous

# Wellbeing-Resilience Toolbox for Teachers

## Habit # 6: GRIT

### Passion and Perseverance

Nothing drains our mindset greater than fearing failure and feeling frustration.

GRIT allows you to embrace challenges with Passion and Perseverance.

A great way to flip your fear into grit is knowing your character strengths. These are the qualities of your most confident and ideal self.

#### Instructions:

1. Look through the list of character strengths and circle your top 10 Character Strengths.
2. Narrow those 10 down to your top 3
3. Answer the questions below

<b>Character Strength #1:</b>	
How can I further develop this Character Strength?	
<b>Character Strength #2:</b>	
How can I further develop this Character Strength?	
<b>Character Strength #3:</b>	
How can I further develop this Character Strength?	

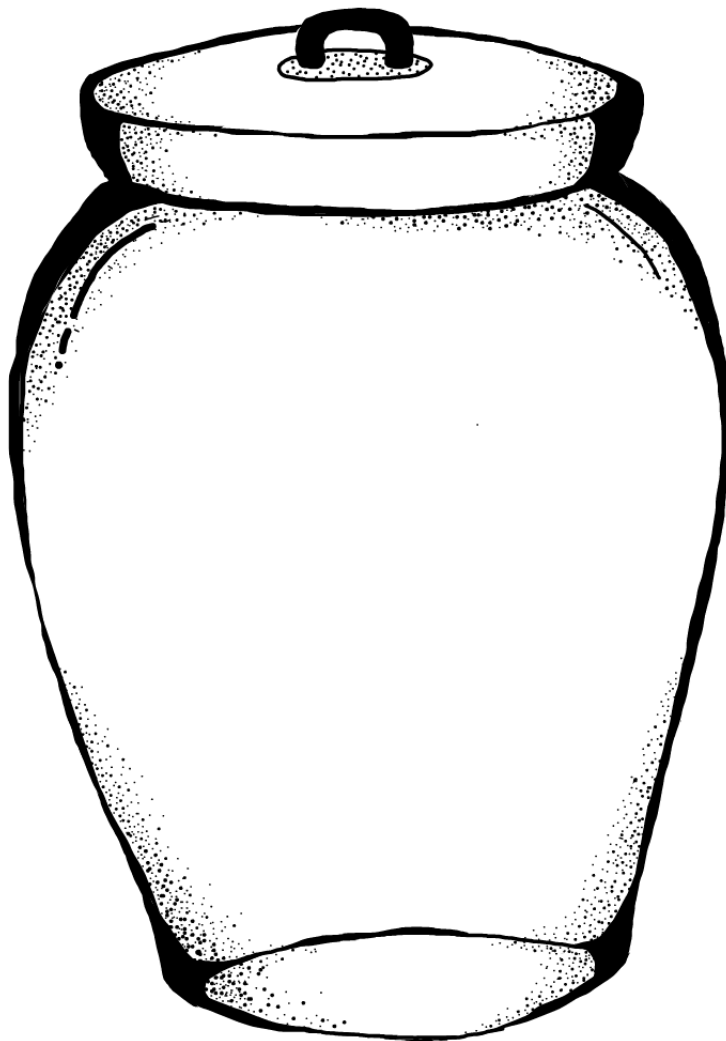
# Wellbeing-Resilience Toolbox for Teachers

## HABIT #7: THANKFULNESS

### Attitude of Gratitude

Modern Neuroscience emphasises the importance Gratitude. When we feel grateful, we release the hormone Oxytocin, the feel good hormone that helps us balance our stress hormones.

In the jar pictured below make a list of 10 things you feel most grateful for today.



# Wellbeing-Resilience Toolbox for Teachers

## HABIT #8: Humour (The Power of Joy)

### Benefits of Laughter:

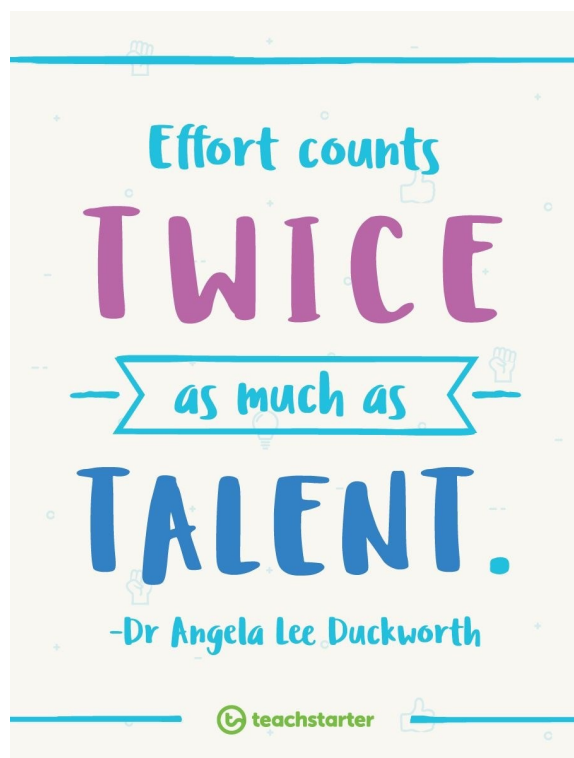
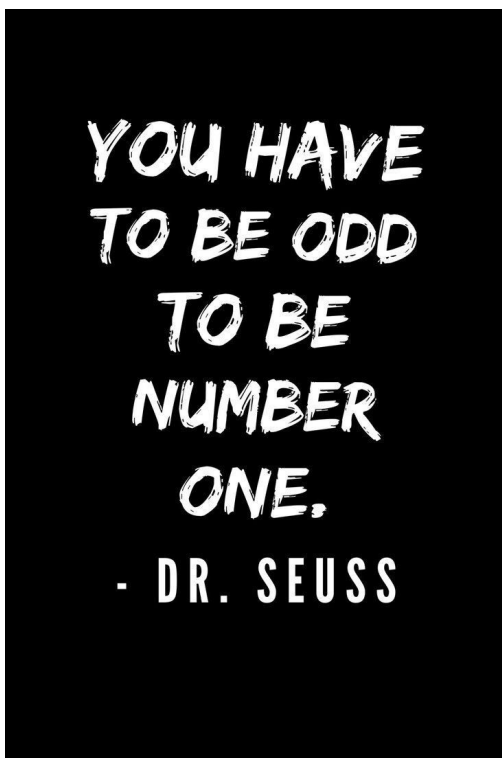
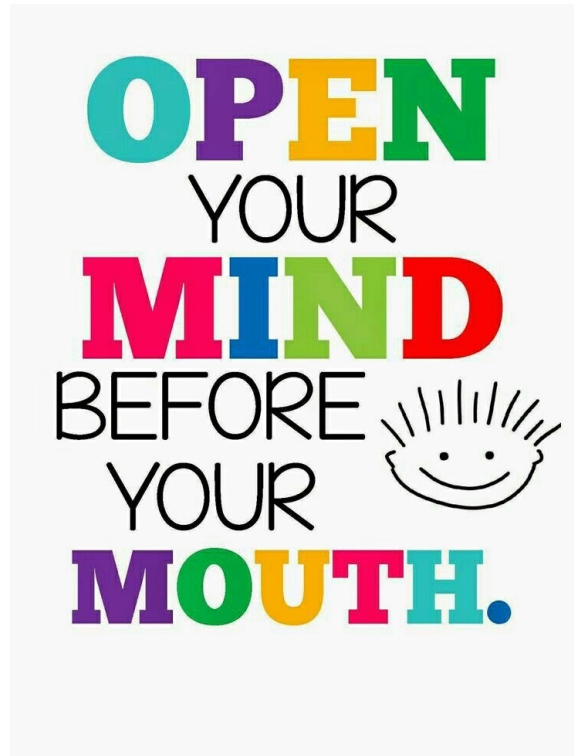
- Boosts Immune System
- Helps the body release Endorphins- the feel good hormone
- Body relaxation
- Burn off calories
- Increase blood flow and promotes heart health
- Soften anger and other negative emotions
- Longevity– studies show that people who laugh often live longer
- Fosters creativity, playfulness and joy
- Solves anxiety

### Benefits of humour in the classroom:

- Humour helps sparkle the dull
- Relieves fear and anxiety
- Increases engagement and participation
- Activates a sense of wonder
- Releases Dopamine, the reward hormone which builds a sense of community, helps with memory retention and enhances goal-oriented motivation

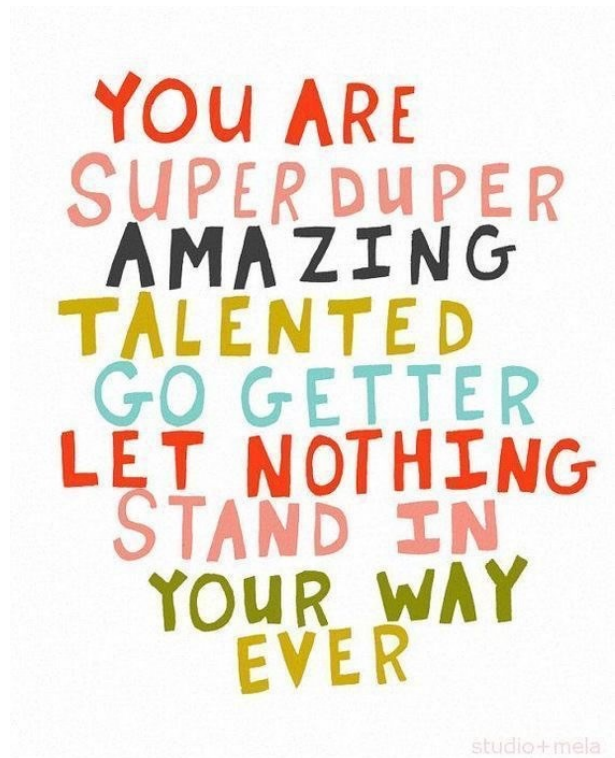
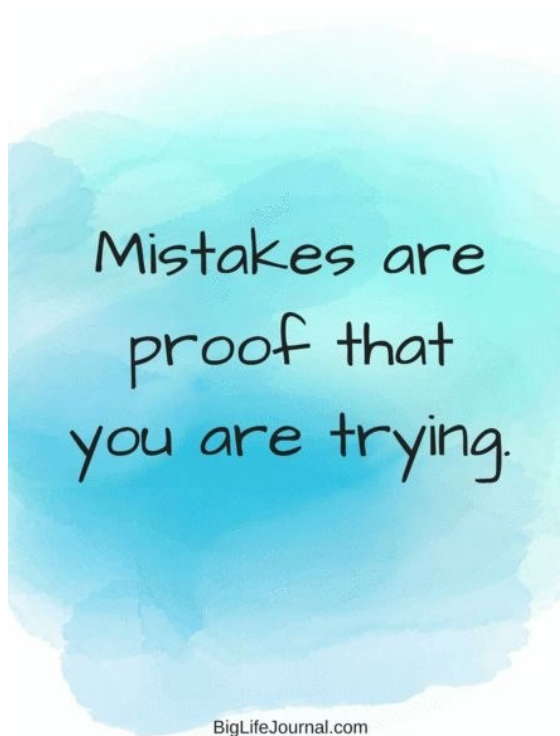


# Your quotes





# Your quotes





# Your notes

# Your notes

# Your notes

# RESILIENCE TOOLBOX FOR TEACHERS



© 2020 Stride In2Life

Apart for main use permitted under the Copyright Act 1968, no part may be reproduced by any process, nor may any other exclusive right be exercised, without the permission of Stride, 11 Clarence Street, Bentleigh East 3165

Ph:03 9088 5520