

Supports to Advance Emotional Well-being in Schools

Fall '24 PD Event: School Employee Emotional Well-Being

Thursday, November 7th, 2024 | Resource Package

Welcome Resources



Continuing the Work Post-Election

Key Takeaways

- It's normal to feel a mix of emotions, whether relief, anxiety, or frustration, after an election. Give yourself permission to experience those feelings rather than suppressing them.
- Finding ways to reconnect with your body and surroundings can help reduce anxiety. Activities like deep breathing exercises, walking in nature, or even journaling can ground you in the present moment, helping to alleviate tension and foster a sense of control.



Mindfulness Resources

Mindful Moments: Mindful Breathing Exercise (Video)
 (Action for Healthy Kids)

Mindful Breathing Exercises
 (Action for Healthy Kids)

Mindful Breathing Printable Cards
 (Action for Healthy Kids)



Election Anxiety Resources

Election Mental Health Resources
 (Mental Health America)

Day After Election Guide
 (Virginia Center for Inclusive Communities)

Supporting Student Well-Being During and After Elections: A Guide for School Social Workers
 (School Social Work Association of America)

Election Conversations: The School Counselor's Role
 (American School Counselor Association)

Election Stress: Tips to Manage Anxious Feelings about Politics
 (JED Foundation)

When Everything Feels Hostile: 6 Ways to Cope
 (JED Foundation)

News can be hard: How to protect your mental health while navigating the news on social media
 (Good for Media)

Leveraging the Socio-Ecological Model



Socio-Ecological Model for School-Based Mental Health

Key Takeaways

- The socio-ecological model emphasizes that student mental health is influenced by multiple interconnected layers, including individual behaviors, relationships, school culture, and broader community factors.
- Addressing mental health requires strategies that engage all levels, from the student to the system.



Systems Resources

Socio-Ecological Model
 (Institute for Education Science)

State Policy Levers to Support Teacher Mental Health
 (Education Commission for the States)

State Policies
 (NASBE)

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General Session: A Whole School, Systems Approach to Educator Wellness in Schools

Presented by Scott Goldstein, MAT | Director and Founder | EmpowerED



Key Takeaways

- Prioritizing educator wellness is rooted in human-centered leadership, which emphasizes trust, relational support, and balancing the needs of both educators and students. This approach rejects the zero-sum mentality that supporting educators comes at the expense of students; instead, it sees educator well-being as essential to student success.



Resources

[A Toolkit for School Systems to Advance Comprehensive School Employee Wellness](#)

(Child Trends)

[Teacher Solutions: The Promise of Flexible Scheduling Report](#)

(EmpowerEd)

[Teacher Well-Being and Intentions to Leave in 2024 Findings from the 2024 State of the American Teacher Survey](#)

(RAND)

Breakout Session: Applying the Social Justice Framework to Advance School Employee Well-Being

Presented by Pascale Edouard, DrPH, MPH | Program Manager | Center for Justice in Public Health at the National Association of Chronic Disease Directors



Key Takeaways

- The NACDD Social Justice Framework emphasizes the importance of ethical and social responsibility in promoting school employee well-being. Training staff to recognize and address biases helps create a more inclusive, supportive, and equitable school environment.



Resources

[NACDD Social Justice Framework](#)

(NACDD Center for Justice in Public Health)

Breakout Session: Know Your Yes: Set Boundaries for Individual and Collective Well-Being

Presented by Alexis Lassus | National Advisor, Whole Child Health | Alliance for a Healthier Generation



Key Takeaways

- Setting clear boundaries is essential for both individual and collective well-being. By identifying and affirming what to say "yes" to, and using tools to establish healthy physical, emotional, and time boundaries, school staff can prevent burnout, reduce stress, and enhance a positive work-life balance.



Resources

Healthier Generation Action Center

(Alliance for a Healthier Generation)

Boundary Setting Tool

(Alliance for a Healthier Generation)

Setting Team Boundaries

(Alliance for a Healthier Generation)

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Breakout Session: An Introduction to the Organizational Well-Being Inventory

Presented by Zahra Ladhani, EdD | Lead Clinical Research Specialist | National Center for School Mental Health



Key Takeaways

- The Organizational Well-Being Inventory for Schools (OWBI-S) is an essential tool for assessing and enhancing the well-being of school staff. It provides a structured framework to evaluate areas like work climate, supervisory support, and diversity, helping schools create healthier work environments.
- Adult well-being in schools goes beyond individual self-care; it requires organizational support that fosters a positive work environment. This includes providing staff with resources for self-care, promoting emotional well-being, and creating spaces where employees feel valued and supported.



Adult Well-Being Resources

TeacherWISE

(Georgetown University)

Give 1/Get 8 (Self-Care & Re-Energizing)

(CASEL)

TOOL: Strategies for Building a Staff Culture of Appreciation

(CASEL)

Why Teachers Need Social-Emotional Skills

(Greater Good Science Center)

K-12 Staff Well-Being Check-In Toolkit

(Hanover Research)

Restoring Teacher and Principal Well-Being Is an Essential Step for Rebuilding Schools

(RAND)

SEL 3 Signature Practices: Adult SEL

(CASEL)

VIDEO: Improving the Well-Being of Teachers and Students

(Garrison Institute)

General Session: Workplace Mental Health and Well-being: The Surgeon General's Framework

Presented by Anthony Sartori | Executive Director and Founder | Evolving Minds



Key Takeaways

- The Office of the Surgeon General's Framework emphasizes that supporting mental health in the workplace requires a holistic approach. This includes fostering psychological safety, meaningful connections, and work-life harmony, ensuring that employees feel valued, supported, and empowered to thrive both professionally and personally. Prioritizing these elements not only enhances well-being but also drives productivity and retention.



Resources

Framework for Workplace Mental Health & Well-Being

(Office of the Surgeon General)