

OUTLINE SUMMARY OF STAFF WELLBEING

- **Defining Wellbeing** and what it means as it is complex, multi- dimensional and fluid. One definition from Beyondblue is : *A state of being comfortable, healthy or happy – to feel good and function well. Broader than just mental health, a state of wellbeing is where a person is considered to be flourishing in both mental and physical health.*
- Many things impact on our wellbeing – various system levels explained but basically we have pressures and influences from many levels such as colleagues, society, environmental and cultural.
- There are many factors that can influence our wellbeing and mental health some within our control and some not. We need to **be pro-active** in taking steps to improve or strengthen our wellbeing that are **in our control** to make our lives happier and rewarding.
- Quote about teacher wellbeing: Schools are communities containing not just children and young people, but adults as well. *“The quickest way to promote student wellbeing in schools would be to promote high staff morale, enhance staff awareness of emotions, and provide high quality training and support for all adults working in the school.”* Coleman,J. 2009
- **Connections & Relationships** – really important for us to build connections and feel we belong to our community
- **Empathy** – the power of connection – Brene Brown youtube video about Empathy [here](#)
- The importance of concentrating on what went well – developing positive emotions and looking at what we should be grateful for.
- **Five Ways to Wellbeing** - a great framework you could use to build wellbeing across the staff. The five ways to wellbeing are:
 - **Connect.** Connect with the people around you such as your colleagues and your neighbours, friends and family.
 - **Be active.** Go for a walk or run. Step outside.
 - **Keep learning.** Try something new. Keep engaged in learning
 - **Give** - Do something nice for a friend or a stranger.
 - **Take notice.** Be curious. Catch sight of the beautiful.
- The concept of wellbeing comprises two main elements: feeling good and functioning well.
- The New Economics Foundation (NEF) was commissioned by the UK Government Office for Science’s Foresight Project (on Mental Capital and Wellbeing) to develop a set of evidence-based actions to improve personal wellbeing for the entire nation. To do this, they drew on a wealth of psychological and economic literature.
- These actions are evidence based, easy to remember, and doable. A little like Slip, slop slap.
- They are a great way to promote wellbeing amongst staff, students, and the family - the entire learning community benefits.
- Boundaries – watched another video from Brene Brown [here](#) about the most compassionate people put up boundaries and limits to protect their values and to be honest with themselves.

WISA, Wellbeing in schools Australia offers Staff Wellbeing training – various forms, full day, staff sessions etc. If you are interested in any of the training you can refer to our website [here](#) or contact Jo Dwyer on 0402932033 or jo@wisawellbeing.com.au