

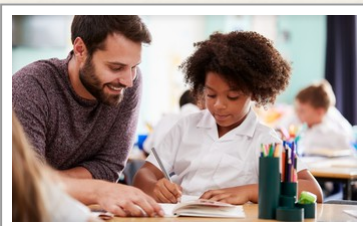
# Wellness Wednesday

March 2, 2022



This week for Wellness Wednesday, we will explore the important role our Teachers play in supporting our student's mental health needs.

## Line of Defense



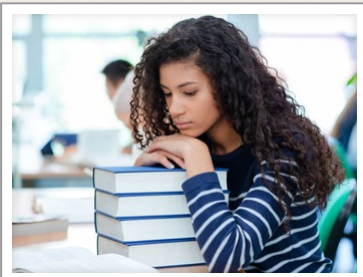
Teachers will often see the needs of our students before anyone else by noticing a change in their behavior, self-isolation, academic changes, and more. The COVID-19 Pandemic has changed how everyone performs their daily activities, but students have undergone the most dramatic routine changes since 2020.

It is so important for teachers to understand how to best support the mental health needs of students.

You are the FIRST LINE OF DEFENSE!



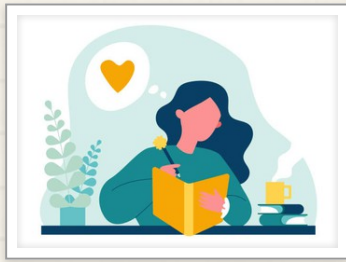
## Statistics



There was a study conducted in California schools that concluded 32% of students now need access to more mental health resources because of the pandemic and 3 out of 10 parents shared their children are experiencing emotional or mental health issues due to school closures and social isolation.

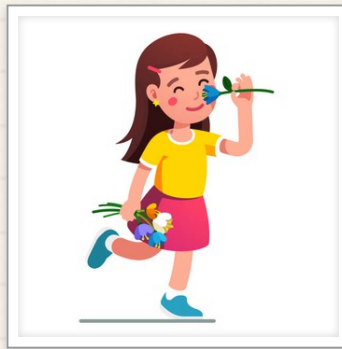
## Teachers 10

There are 10 ways our amazing teachers can support students' mental health.



## Encourage students to keep a journal

The journal can include pictures, writings, poems, and tasks they want to accomplish. As they see themselves achieving, it will foster resilience.



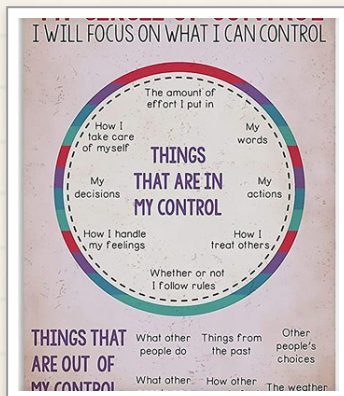
## Smell the roses

Encourage your students to identify something in the day that brought them joy. Although life is difficult, there is still something positive we can point out.



## Teach students how to rate their moods

Normalize fear, worry, frustration. Start your class lessons with having your students share a GIF of their mood. We are in the age of technology!



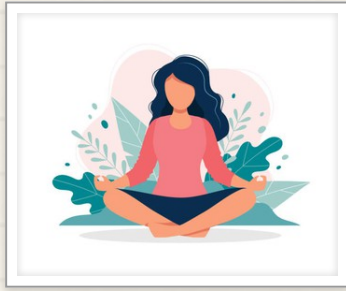
## Help them picture a circle of control

There are some things in your student's life that they do have control over. Help them identify those things.



## This too shall pass

Help your students understand that safety protocols are in place to keep them safe, but will not last forever. Have students identify what they would want to do once the world has stabilized.



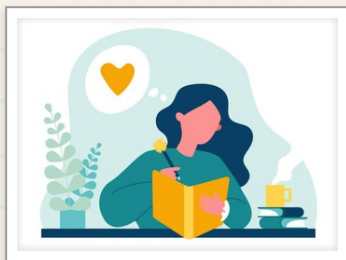
## Promote Meditation

Your students may not be able to meditate in class, but encourage them to find grounding techniques in their spare time to promote calm.



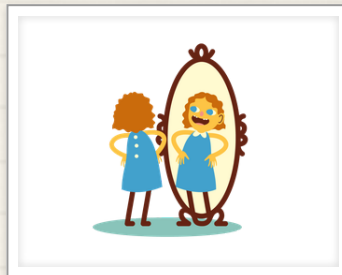
## Check-Ins

Save a couple of minutes each day to inquire about how your students are feeling in the moment. Try to encourage emotion words. Good, fine, okay are not emotion words.



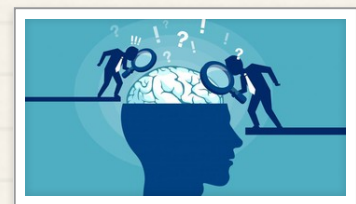
## Bring structure to digital lessons

Each teacher right now may have a different way of bringing assignments to students. This can create anxiety and also lead students to feeling like they can't catch up. Keep things simple and also have empathy for all of the change that has been happening.



## Encourage self-identity exploration-

Encourage students to be who they are and love who they are. Right now students may not be able to engage in activities that help them feel whole. This can be a struggle. Encourage them to explore different ways to feel connected.



## Acknowledge emotions

If you notice a student is frustrated or sad, don't ignore it. Seek them out and let them know they are seen. Normalize feelings.

# *End the Stigma*

TOGETHER, WE ARE BETTER!



There is often a stigma associated with mental health. Every time we can have open discussions about mental health or provide resources we are a part of dismantling the stigma. Let's normalize not being okay, but getting the support needed to find your strength.

## EMPLOYEE ASSISTANCE PROGRAM

## Galena Park ISD Employee Assistance Program

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OUT!**

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