

The Thriving Self - Being

Ideas for Journal writing



1. How would you define resilience at the moment for yourself?
2. Draw a rapid sketch of yourself and detail how you undertake looking after your health and wellbeing now.
3. Who is the most resilient person you know or know of? Write or talk about what appears to make them resilient or find out more if it's an historical or political figure. How would it be useful to you to talk about their view of the world?
4. Complete the statement: 'I express myself best when ...' (by talking, writing, working with others, reading ...). How often do you use this means of expression and communication in a fortnight?
5. What is your best-ever personal health and wellbeing tip that you have learnt works for you?



18. If you followed the advice ‘Do something that creates a small feeling of discomfort with newness or change in your work each day’, what action would you select?

OR

19. Try selecting something you have found to be a source of concern and worry in your work. Break it into smaller steps and list the steps.

- Next to each step write your expectation of how difficult it will be.
- Attempt to complete your first planned step by the end of the week. Examine how you went.
- Ask yourself:
 - What aspects succeeded?
 - Did anything get in your way?
 - Did you ask for help? Who could you ask for help at this stage?
 - What would enable you to do the next step?

20. Draw a picture or model of how you would explain health that includes considering wellbeing and some mental health aspects.

- What do you notice about your model?
- Have you included physical health?
- Is it a continuum? Is it an ‘either/or’ situation?
- Does it present mental health or physical health as a natural and inherent idea or something that happens or is encouraged? Or is it a mixture of all of these factors?
- What do you think could be some of the outcomes for you from having this model? On reflection would you change your model?



21. What sorts of statements do you make to yourself if you succeed? Think about them and look at the language.

22. What sorts of statements do you make to yourself if you do not succeed? Write them down and reflect on your choice.

23. Read the piece on 'Protective factors and students' (see MindMatters Enhancing Resilience 1, page 10). Think about protective factors for teachers and other workers in education.
 - Which of the student protective factors might apply?
 - Are there any other protective factors that are specific to teachers and other workers in education?
 - Which do you have in place for yourself? Which ones are either missing or less developed? Are there any of these that are relevant that you could secure in the future? How could you do that?
 - Do you think there are some other sorts of factors that work well for you as protective factors?
 - How could you support protective factors for other people?

24. Think about a time you expected the worst to happen and it didn't? What did you learn?

25. What is the best example of your dealing with change in a flexible manner? What are some of the skills you could use, say tomorrow?



26. What mistakes and 'second prizes' have you learnt from in the past? How do you use those learnings these days?

27. What is your culture and identity connection and what strengths does it give you?

After reading all or some of the pieces of Useful Information in The Thriving Self – and using the Staff Matters Work and Health and Wellbeing at Work Model – write down five key understandings that support your health and wellbeing.