

Mental Resilience

Dr. Hannah Meckley Brewer

Slippery Rock University of Pennsylvania

Associate Professor, Department of Physical and Health Education

Program Coordinator: School Wellness Education

Hannah.brewer@sru.edu

Objectives:

1. Discuss **why** schools can play a key role in promoting mental resilience.
1. Learn **what** skills are needed for students to enhance their mental resilience.
1. Examine **how** teachers and other personnel in schools can implement strategies to promote mental resilience.

Why: 1 in 6



Centers for Disease Control and Prevention (CDC) 2018. Mental health symptoms in school-aged children. Retrieved from: <https://www.cdc.gov/childrensmentalhealth/features/school-aged-mental-health-in-communities.html>

Why? Surgeon General

To prevent chronic disease and improve quality of life, society needs to: Society needs to:

- **Eat Better**
- **Move More**
- **Control Stress**
- **Sleep Better**

Vivek Murthy (2015).





Medicine will not cure the
epidemics society is facing today.

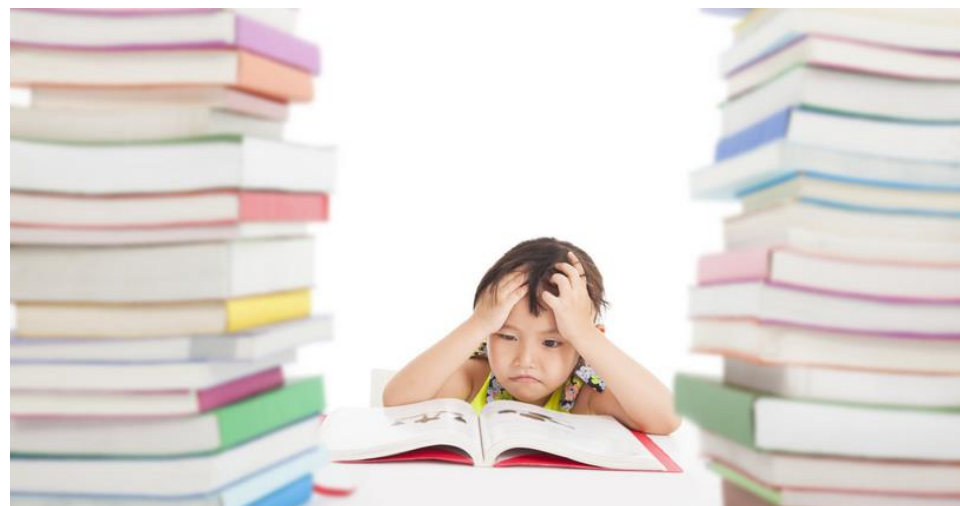
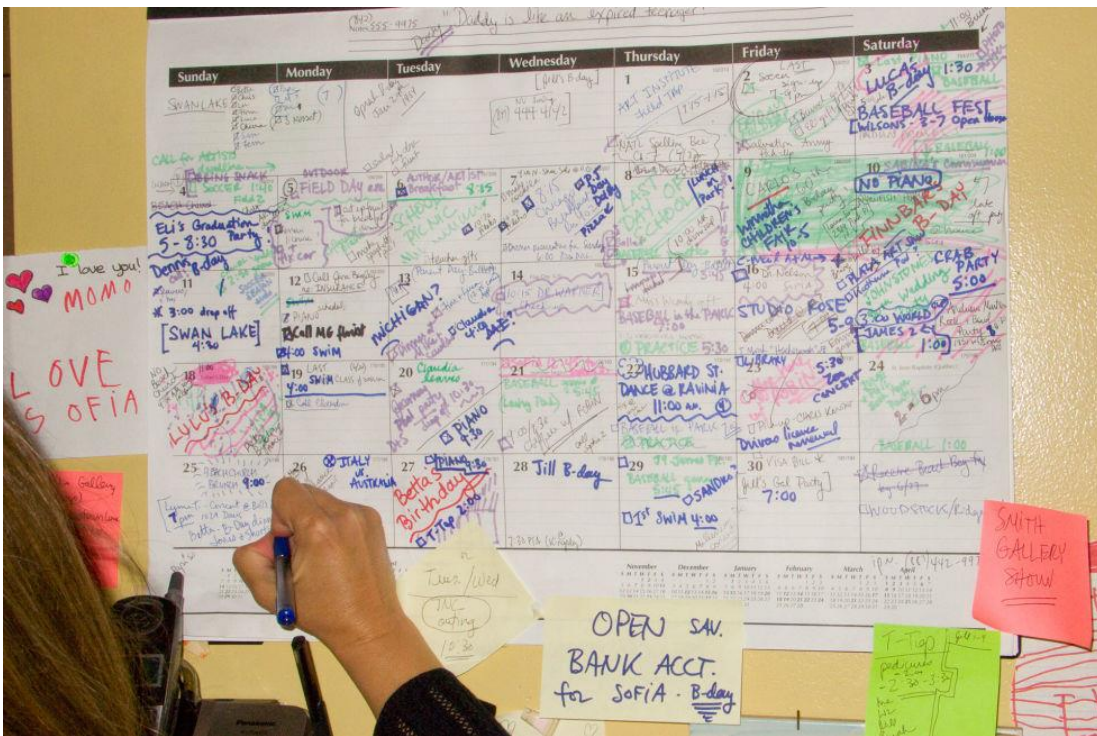
Prevention is key.

Where can prevention take place?

1. Community agencies / centers
2. Schools
3. Faith based organizations




1. Discuss **why** schools can play a key role in promoting mental resilience.
- Youth stress and anxiety (prevalence)
 - Schools are a suitable location (access)




WHY teach SEL in Schools:

- SEL stands for Social and Emotional Learning.
- The Child Mind Institute reports that half of all mental illness occurs before the age of 14 and 75 percent by the age of 24



“By teaching kids how to cope with adversity, we can reduce the burden of mental illness.”

-Kang, 2017



SEL can be the most proactive
initiative for mental health
illness prevention

Objective 2:

Learn **what** skills are needed for students to enhance their mental resilience.

Skill 1:

Self-awareness: Knowing one's strength and limitations. Staying optimistic, and having a growth mindset.

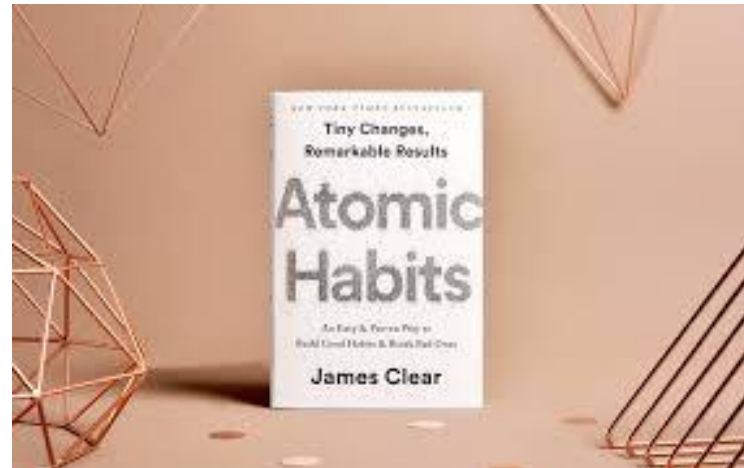
Skill 2:

Self-management: is also referred to as “self-regulation” and is the ability to regulate one's emotions, thoughts, and behaviors effectively in different situations.

Skill 3:

Habits: Set and achieve positive goals

Habit stacking



Skill 4:

Empathy: Listen to others, and feel compassion for them. Consider helping others.

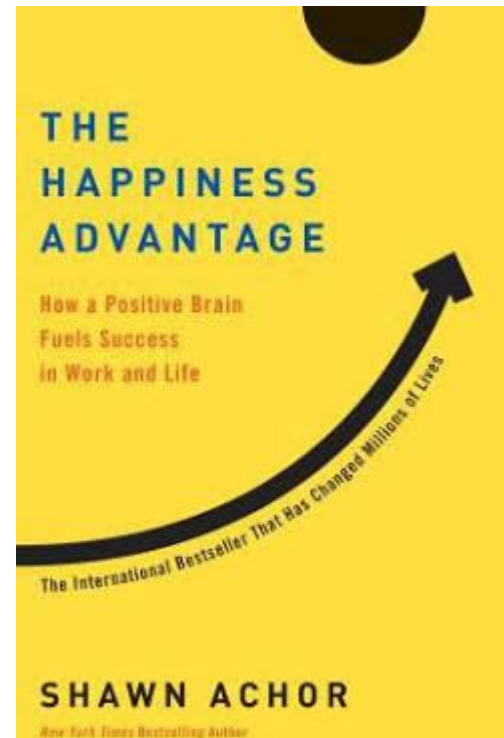
Additional Skills

- Meditation and deep breathing to restore mental balance



3. Examine **how** teachers and other personnel in schools can implement strategies to promote mental resilience.

Create the culture.



In Our School We Say



- 1.) Start each day with a check-in.
 - A personal connection



- 2.) Work in partnerships -- even virtually
 - Alternate between strategically assigning partnerships and allowing kids to make their own choices.

- 3.) Teach students how to work in a group effectively
 - Negotiation skills, recognizing own strengths and weaknesses, communication skills

- 5.) Create a culture of kindness

“Kindness changes the brain by the experience of kindness. Children and adolescents do not learn kindness by only thinking about it and talking about it. Kindness is best learned by feeling it so that they can reproduce it.”

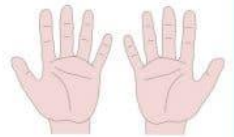
- Patty O’Grady

- 6.) Set up a peace place
 - Also tell them about these places that they could go in the community

- 7.) Facilitate Peer mediation
 - problem-solving process that helps students involved in a dispute meet in a private, safe and confidential setting to work out problems with the help of a student mediator.

The Conflict Corner

1.) Hands Out - Palms Facing Up



2.) Explain the Problem

3.) Listen to Each Other



4.) Brainstorm a Solution Together

5.) Shake Hands



6.) Give a Compliment



**COMMUNICATE CLEARLY
TELL THEM HOW YOU FEEL**

- 8.) Teach students how to own their learning and their actions
 - Self-reflection. Self-management. Asking themselves a series of questions. This is about YOU.

- 9.) Give students a chat break
 - Structured and unstructured

- 11.) Teach students to monitor their own progress.
 - Self-regulation. Self empowerment

- 12.) Give students a voice.
 - Listen. And act.

- 13.) Make space for reflective writing
 - Dim the lights. Put on soothing music.

- 14.) Put students to work
 - Involve them. Give them responsibilities. Hold them accountable. Purpose.

- 15.) End each class with a check-out.

Check BACK in.

Signature Event

Kindness Spirit Week: Hold a spirit week based on kindness. Each day, lead a different initiative that is fun for students but has a focus on kindness and compassion. Here are some examples.

- [School Kindness Campaign](#)

Collaborative Coloring

- Why
 - Social and Emotional Wellness
 - Whole School
- Benefits of coloring
 - Reduce stress and anxiety
 - Focus on the present
 - Unplug from technology
- Do it at your school
 - Download the poster: <https://bit.ly/2R8wVoo>



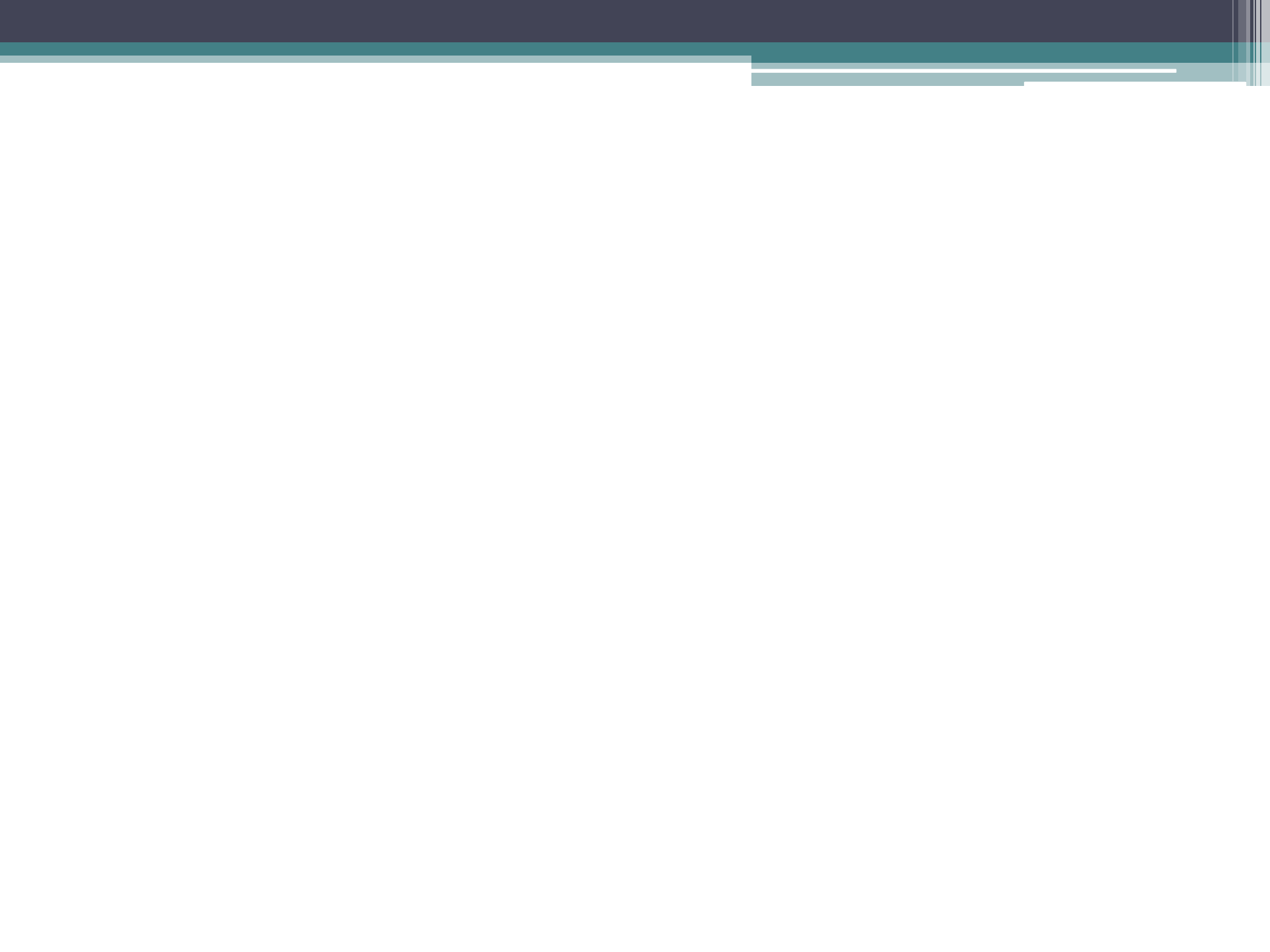
References

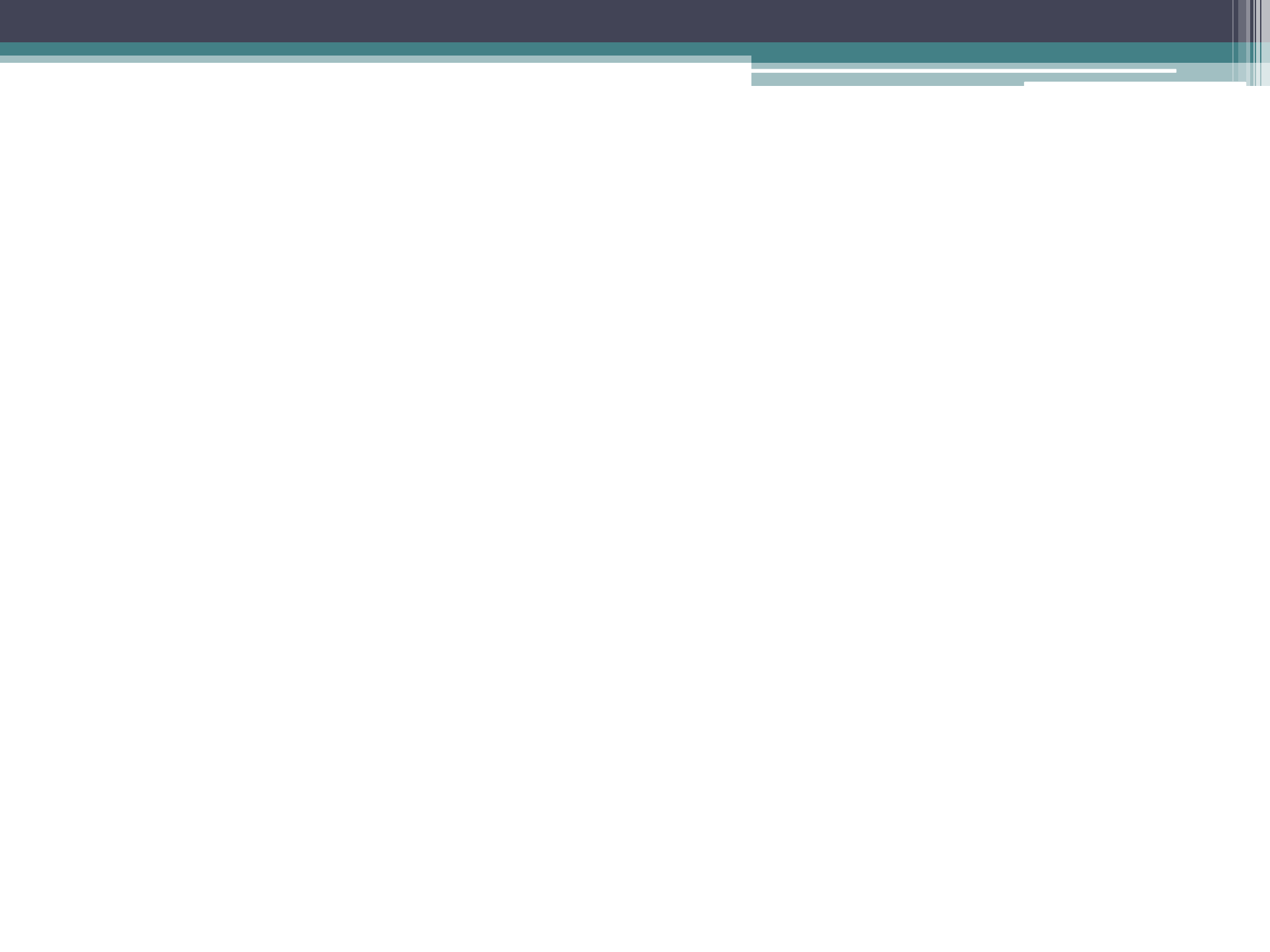
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SEL

- Can reduce anxiety, substance abuse, suicide, depression and violence
- May increase attendance, test scores and prosocial behavior such as kindness, empathy, and personal awareness.

Other Strategies:

- Green spaces, quiet areas
- Brain boost rooms – specific locations in the school for relaxation
- Whole school mindfulness/ diaphragmatic breathing, etc.
- Opportunities for physical activity
- Less homework
- Morning yoga sessions
- Urban garden
- Take a walk
- Teachers must engage in stress management as well

Resources

Resources

