

e-PD Conference on Mental Health & Wellbeing for Schools June 2018

At the end of the conference, delegates were buzzing with practical ideas to take back to their schools. Here are some of the key messages - if you didn't attend see what you missed!



Dr Shoshanah Lyons,
Beacon House Therapeutic Services and Trauma Team
- How to have difficult conversations

conversation starters to try:

Noticing- *'I've noticed that you've been really quiet recently and I wonder what's been going on for you?'*

Normalising- *'Lots of other girls here feel confused by their sexual feelings. I wonder if you have a worry about that too?'*

Empathy- *'I can see that this is really tough, even though you are putting on a brave face'.*

Personal Feeling- *'I'm feeling really sad for you right now, and I wonder if that gives me a clue about how you're feeling?'*



Dr Pooky Knightsmith
Staff Wellbeing

Pooky talked about 8 ideas for promoting staff wellbeing and delegates particularly responded to 'Think Positive'.

Top tip - practice daily gratitude - one technique is to identify 3 good things that have happened during the day - Pooky posts hers on twitter - #3GoodThings

Taking time to reflect can improve how we think about things, especially when it's been a hard day, think of things that have sparked a bit of joy or have made a difference to you - try it with your pupils too!

