



Enhancing Resilience

What is resilience ?

HIP PSYCHOLOGY
THE DEFINITION OF SUCCESS 1:17
A bitesize weekly series from HIP Psychology.
Cormac Venney
EPISODE 1
with PADDY KIELTY
Presented by Cormac Venney, founder of HIP Psychology.

Mastering Your Craft Podcast
Hosted by Cormac Venney
Download on the App Store
Resilience
Bouncebackability
www.steps-forward.co.uk

- Withstand pressure/stress
- Maintain functioning
- Wellbeing
- Performance

What is stress?



Teacher
Shortages/
Skeleton staff

Anxiety Levels
in pupils:

NEP's Psych
unable to cope

Managing
Staff.

Demands

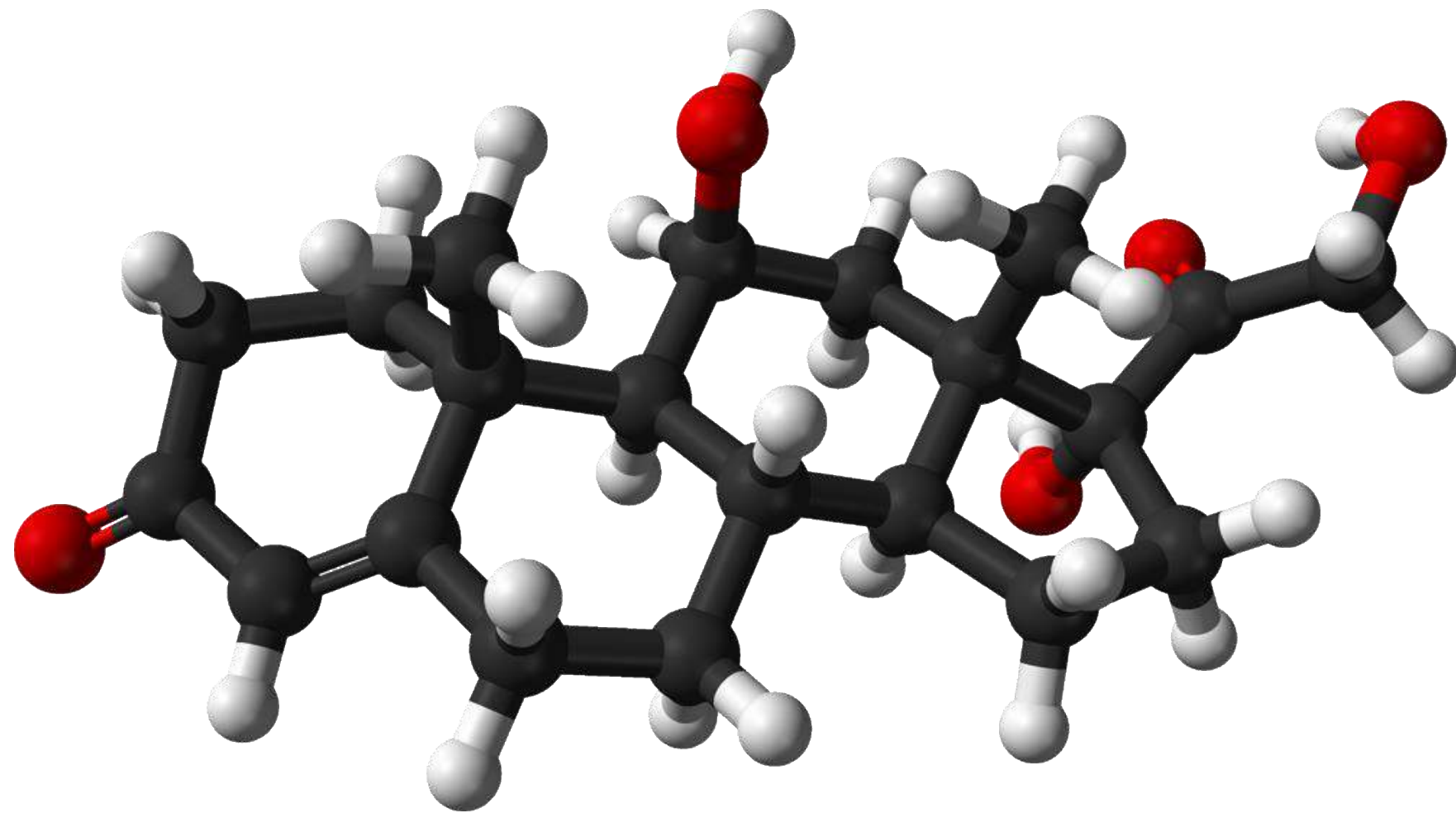


SEN
Allocation

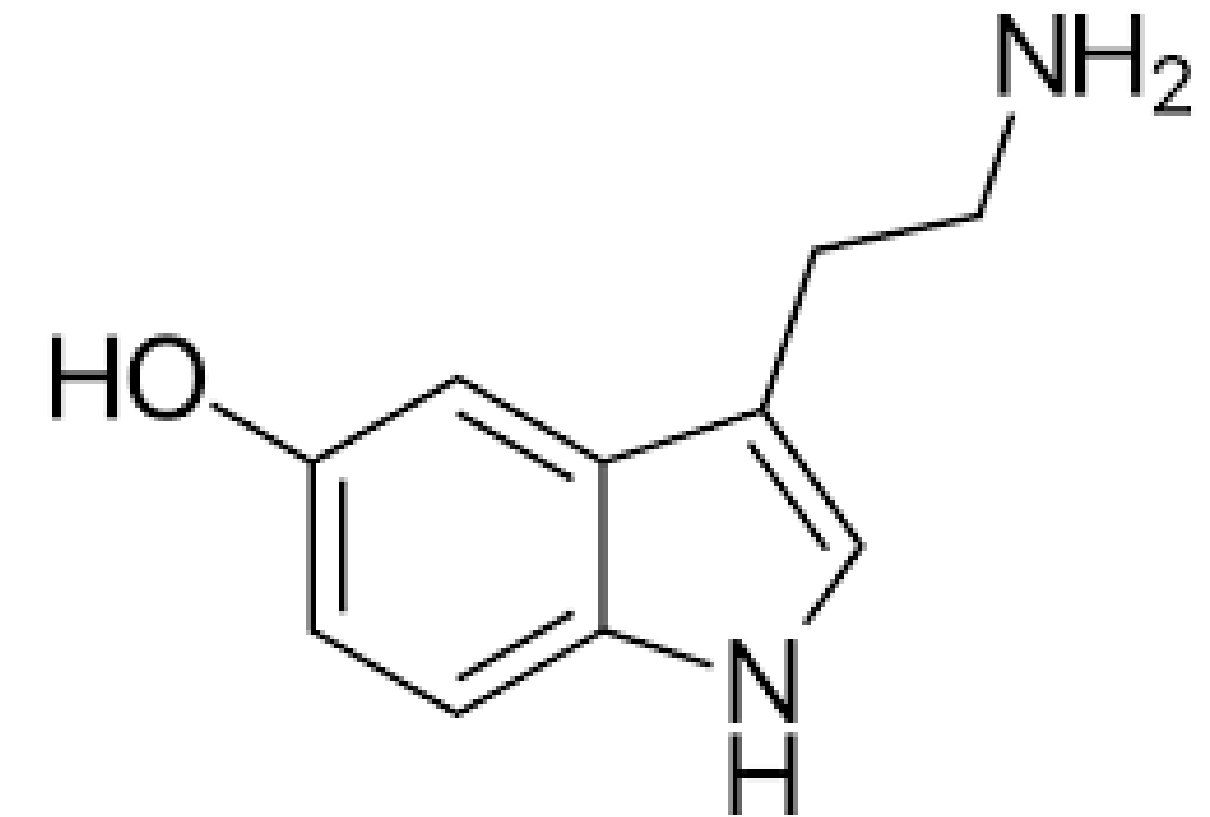
Funding

Workload

Our neurobiology!!



Stress hormone,
Cortisol



Resilience hormone,
Serotonin

Ezra Frech

Aged 10



"I FOCUS ON WHAT I HAVE
INSTEAD OF WHAT I DON'T HAVE"

"I AM JUST SOOO GRATEFUL."



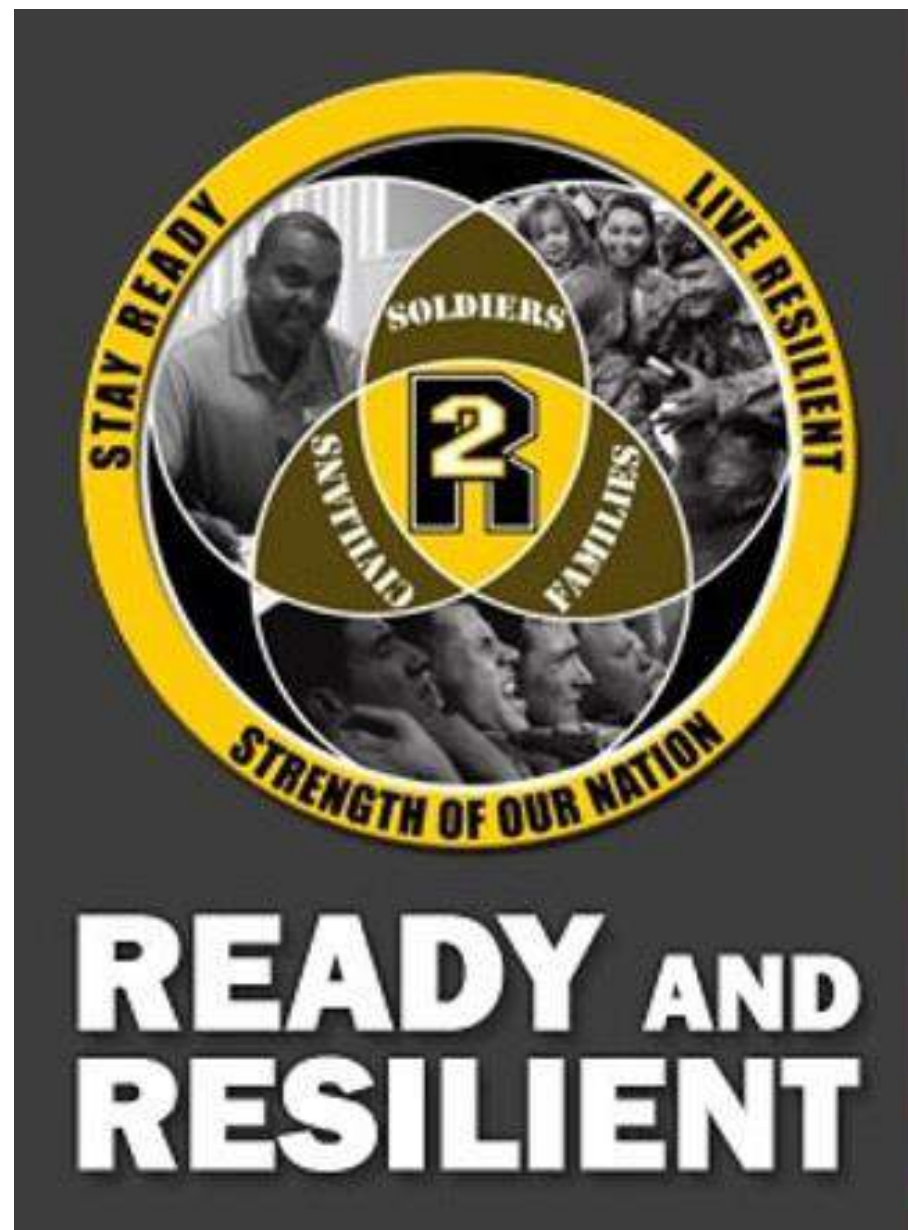
Duke University: 3 Good Things



AFTER 2 WEEKS:

- Better sleep
- Improved mood
- Better work-life balance
- Lower depression
- Less burn out
- Better stress management

Hunt the Good



ST MALACHY'S PS, KILCOO



Dalriada School



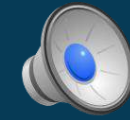
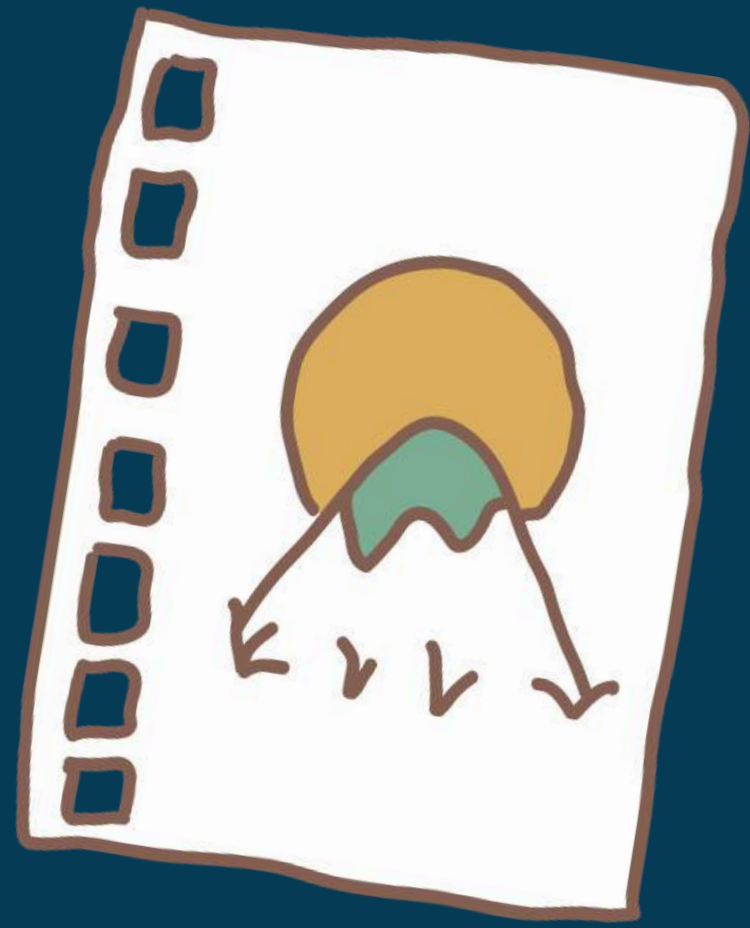
Jacinda Ardern



A just a typical start to the school year...

100

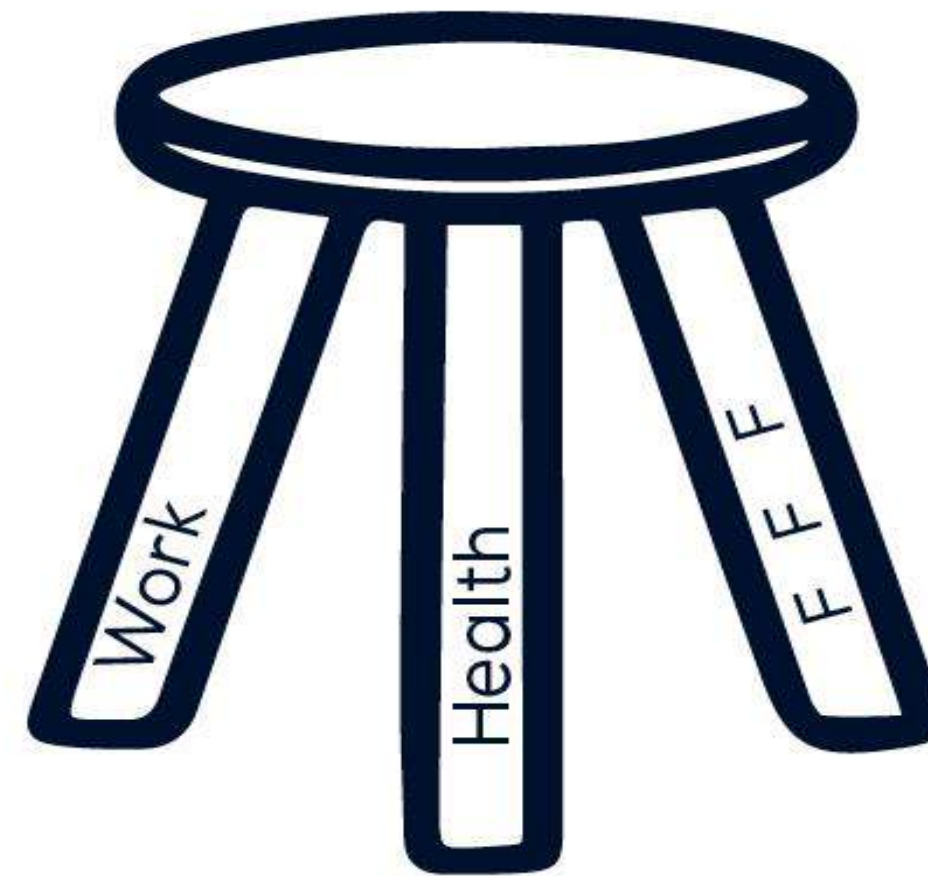
NU and P1 induction days.	Confirmation Service	Outdoor Classroom and Curriculum	Pastoral Induction Week	8 Bubbles created. Strong bonds in bubbles.	Resumption of Spanish classes.	SeeSaw	Online Payment System	Parent Teacher Meetings	New Families into the school
P7 Booster Groups	Classroom Assistants Meetings	Staff and Children Morning Routines	Daily Fogging	Child Centred approach from ALL.	Returning staff.	Bus duties and service.	Classroom Layouts	Flu Immunisation	P7 walkway completed.
Creative thinking applied to daily issues.	Birthday Surprises and Baby Celebrations. Happy Birthday Niamh!	Play equipment assemblers.	Pastoral care remaining outstanding.	Walkie-Talkies	Temperature Checks.	KS2 Science link up with QUB.	Accelerated Reader	Strong communication with parents in challenging circumstances.	School site cleaned and maintained superbly well.
EA/ETI/CCMS/DE Diktaks and guidance	After Schools Service.	Painting of Outdoor FS play equipment shed.	PA purchasing new iPADS	Excellent pupil behaviour. Well done.	Website content-frequently updated and showcasing.	New staff joining us in both NU and PS	Pastoral Phonocalls	Working with PHA to keep our community safe.	Outdoor Assembly.
After-school Staff Exercise Club	Worst September weather in years...complicating our rota and bubbles!	Workers of The Week and Gold Stickers.	Managing uniforms and non-uniforms across the week	Improved levels of emotional intelligence and empathy.	PIE/PDM/ Reading Assessments. Informing planning.	Daily stories from others schools...	'Can-do' attitudes all around the place.	British Council Kenya Project with Fr Nicky Hennity.	Safe playtimes.
Speech and Language Therapy	Almost 400 downloaded our school app. We must be attracting 'tourists'.	P1 Photographs in Paper	Mrs Loy withdrawal support sessions.	IQM Flagship School	Safe Indoor Play resumed.	Working with Kitchen to progress meals service.	GL/AQE Changing dates and postponing tests.	SRC and Stranmillis Students brought on board.	Prayer Garden /Grotto Opening and Blessing.
Dojo	Trustees developing school grounds.	Parental Volunteers	Grow Your Own in PS	Flexibility	Safe mobile perspex screens.	Morning greetings.	Milk Service	Homework Systems in Place	Wall Displays
Well wishes from Governors and Parents	Lunchboxes/Water Bottles	QR Trails	Musical chairs in the staff room.	Sanitise Stations	Shared Education Plans for T2/3	Diabetes training.	Mathletics	Requisitions	P3 fuller day
Walking Anti-Clockwise around the school.	Safeguarding	Gaelic Dress Up Day	Together ness	RISE NI	New Educational Psychologist	Mile A Day	WELLCOMM	Self-Esteem of Children	Yoga
Reverting to 3 breaks and lunches.	Holy Communion Preparations	Robbie Meredith reports... BEFORE we know	Juggling 100 passwords.	PPE Equipment and Social Distancing	School Bags	Google Classroom	Working towards old normal.	PERI Support resumed.	Ethos of St. Colman alive and well.



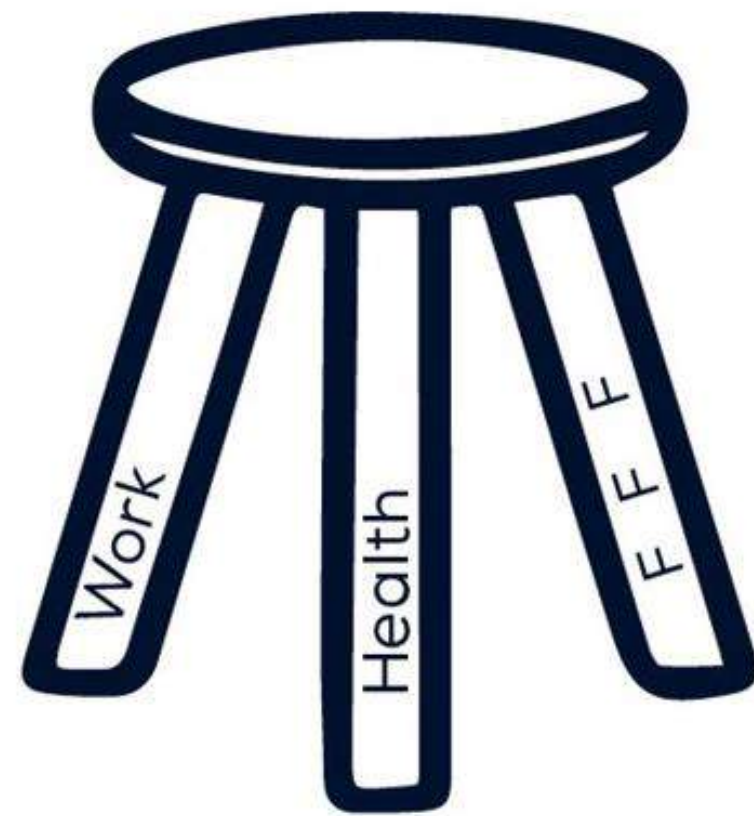
Hunt the Good!

September 2023:
Hunt The Good?

2. Keeping Your Table Stable!



FFF Leg: Fun, Family, Friends

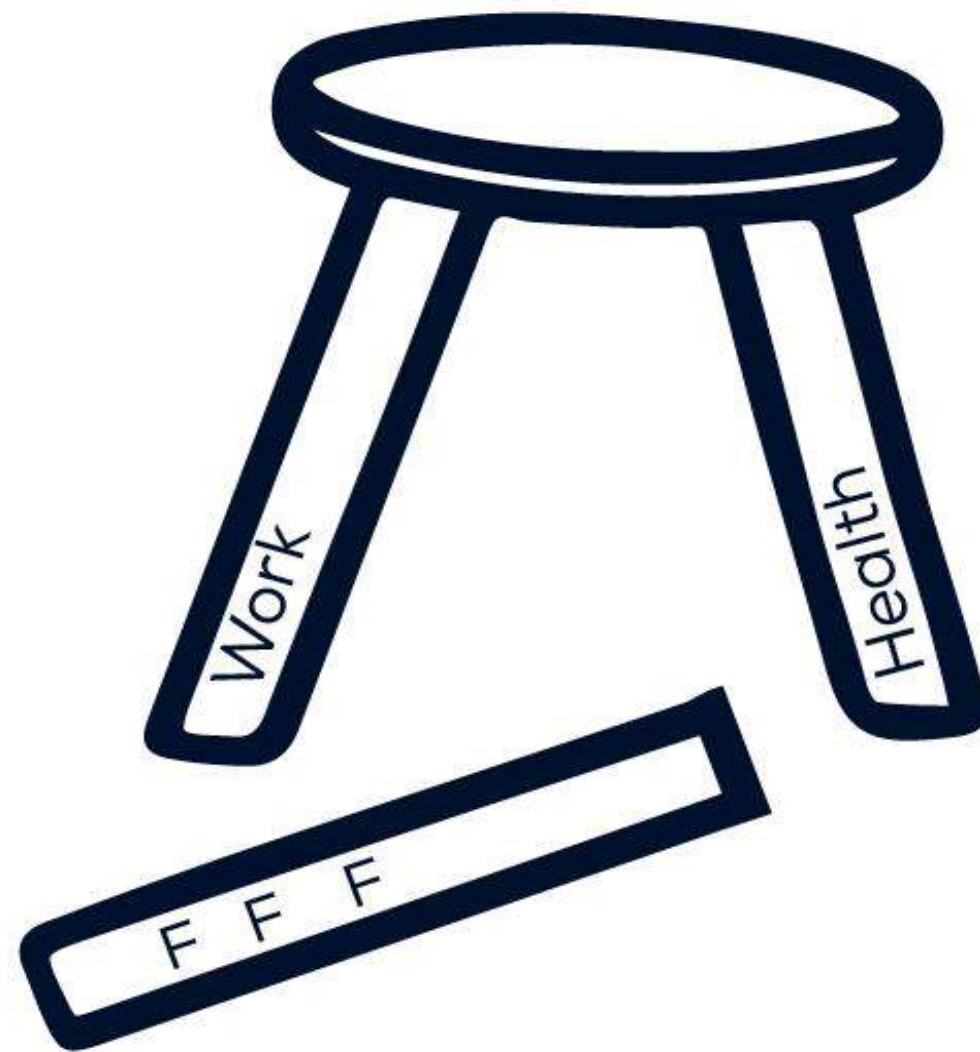


**75 Year-Long Harvard
Study Reveals The
Secret to
Happiness**

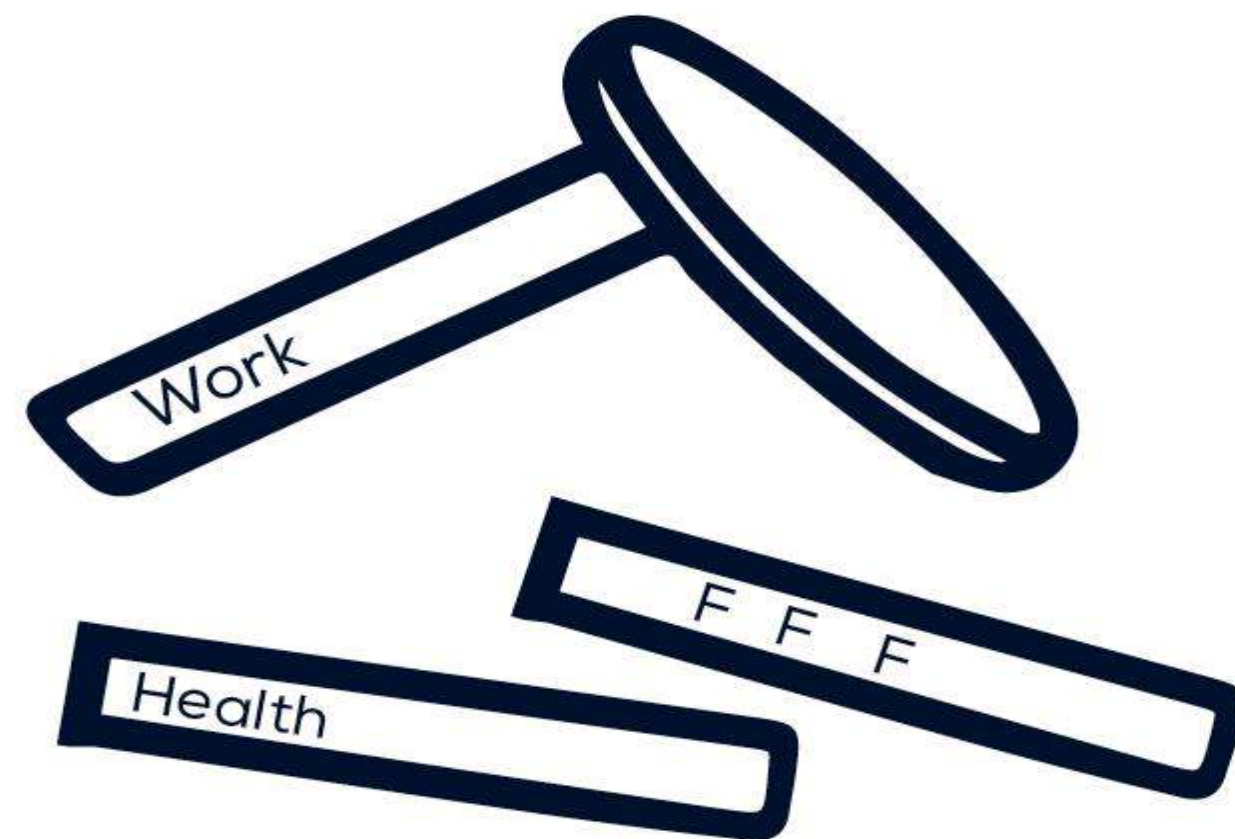


Close relationships, more than money or fame, are what keep people happy throughout their lives, the study revealed. Those connections protect people from life's stresses, help delay mental and physical ailments, and have more impact in long and happy lives than social class, IQ,

2. Keeping Your Table Stable!



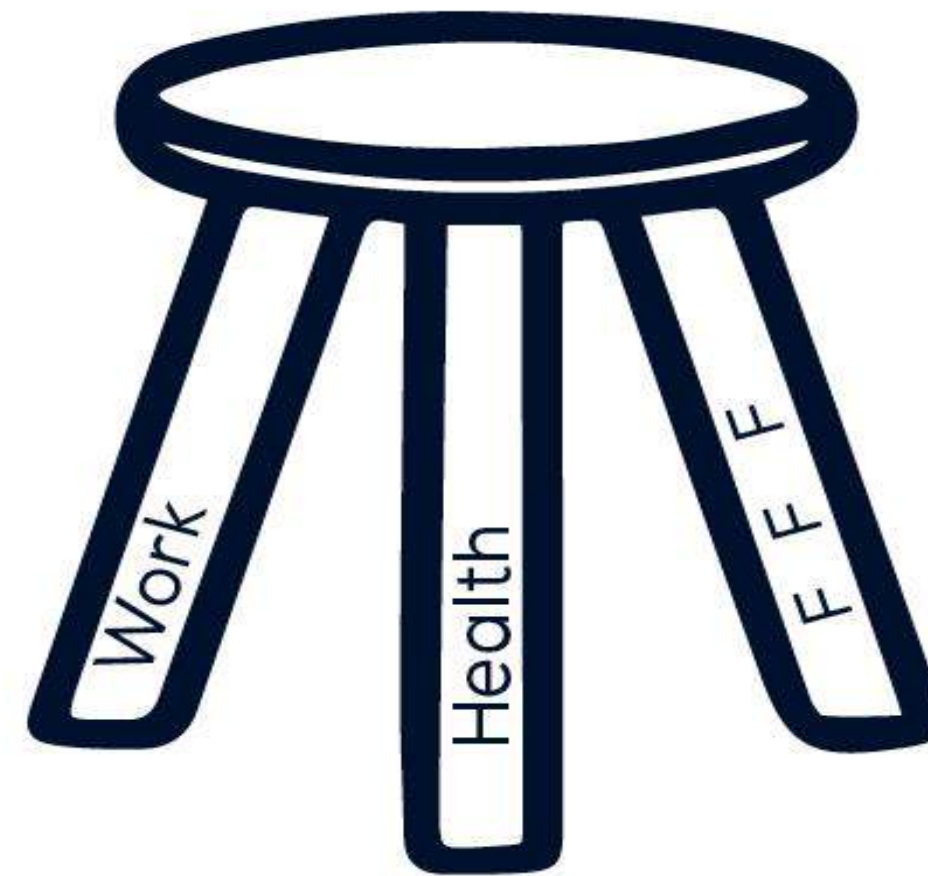
2. Keeping Your Table Stable!



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Health Leg: Sleep



IMPACT:

- Wellbeing
- Performance

STRATEGIES:

- Write down the worry and when you will take care of it. Talk to someone
- 'Relax Routine', 30 Minutes pre-bed (Read, bath, conversation, music)

Health Leg: Movement

Exercise your way to wellbeing

You already know how good exercise is for your physical health. But you might be surprised by how good exercise is for your mental health.

SHARE



You already know how good exercise is for your physical health. But you might be surprised by how good exercise is for your mental health. Studies show that for treating mild-moderate depression, exercise can be as effective as talking therapy and medication.

- 150 minutes weekly: moderate intensity activity
- Movement is medicine
- Great for in-school performance and wellbeing

RESEARCH ARTICLE

Exercise training increases size of hippocampus and improves memory

Health Leg: Nutrition

Drinking More Water Will Improve Your Mood, Concentration, And Memory

Those eight glasses a day really make a difference.

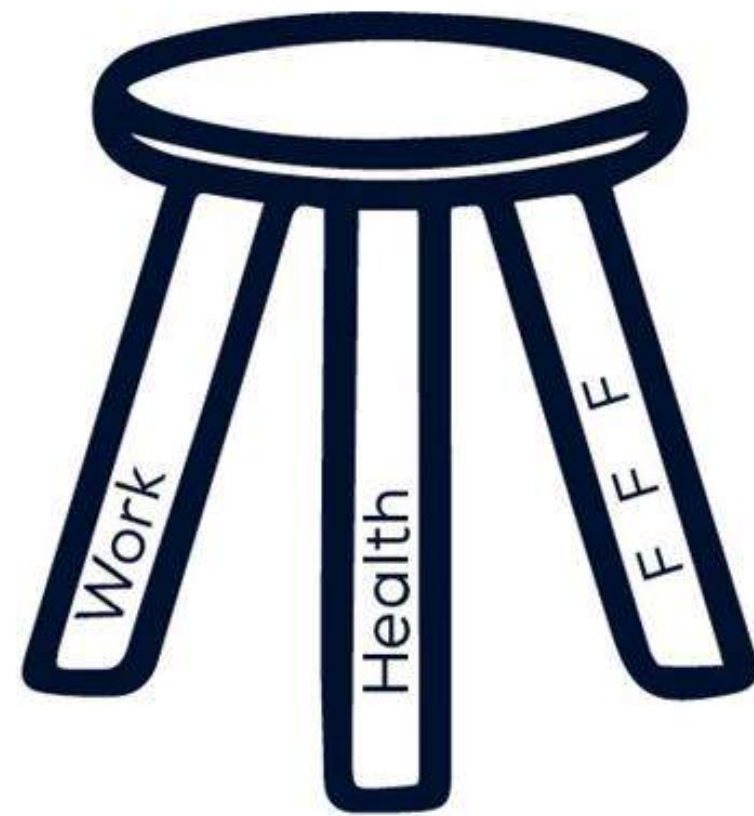
By Chloe Tejada

11/22/2019 02:33pm EST

- Plan ahead
- Reduce and replace
- Find your balance

**Eating more fruit and veg
'improves mental
wellbeing'**

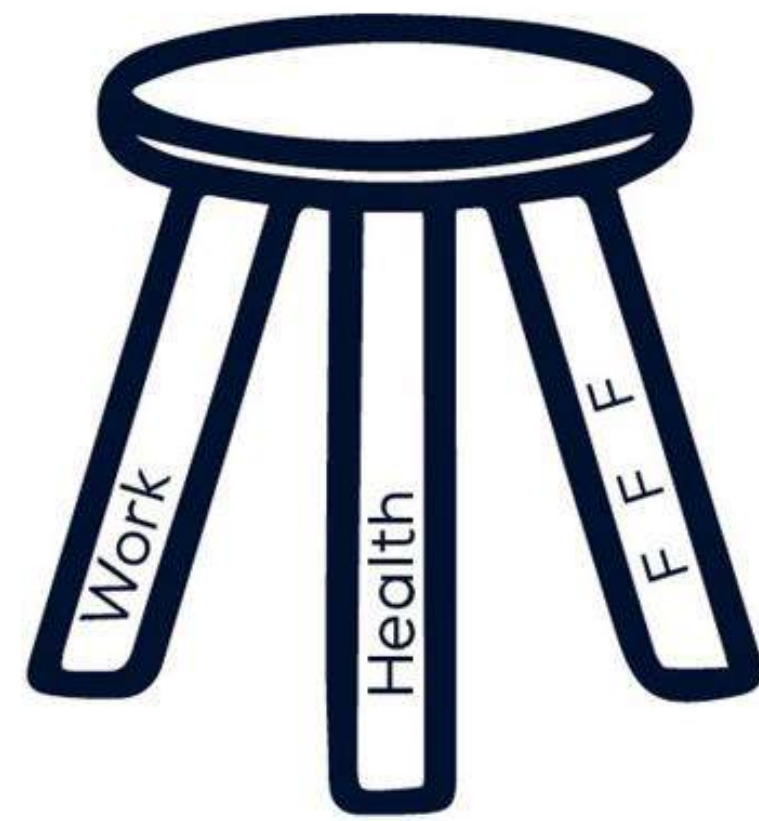
Health Leg: Recap



- Sleep
- Movement
- Nutrition

75 Year-Long Harvard
Study Reveals The
**Secret to
Happiness**



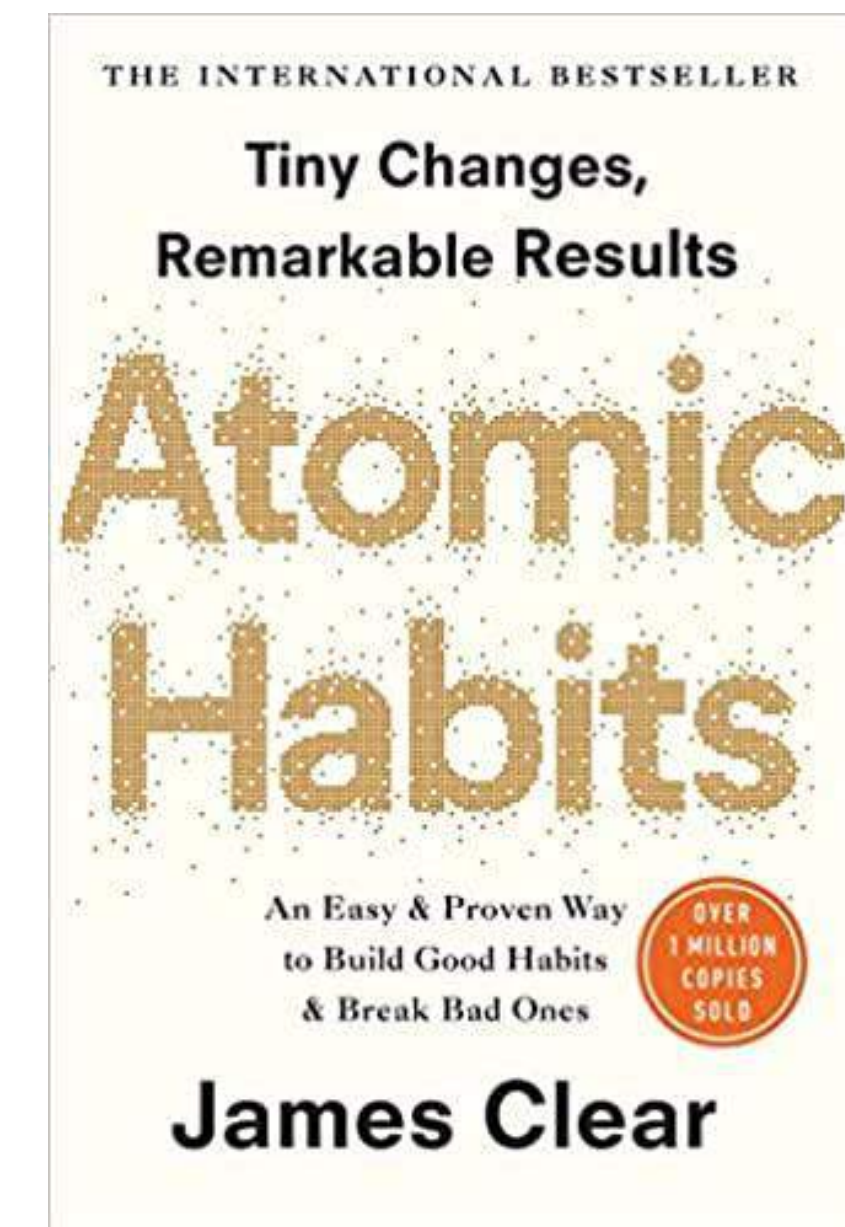


You have to be selfish to allow you to be selfless

Embedding a habit to keep your table stable over the next 6 weeks

Recommended read:

1. Specificity. What is it? Which leg is it supporting? Where will I do it? When? Who with?
2. Reminder Trigger?
3. Who is my accountability partner?



Menti:

The Why of Teaching?

The Why of Teaching?

Adele



Dame Kelly Holmes



From “the girl with no name” to Olympic champion

Dame Kelly Holmes

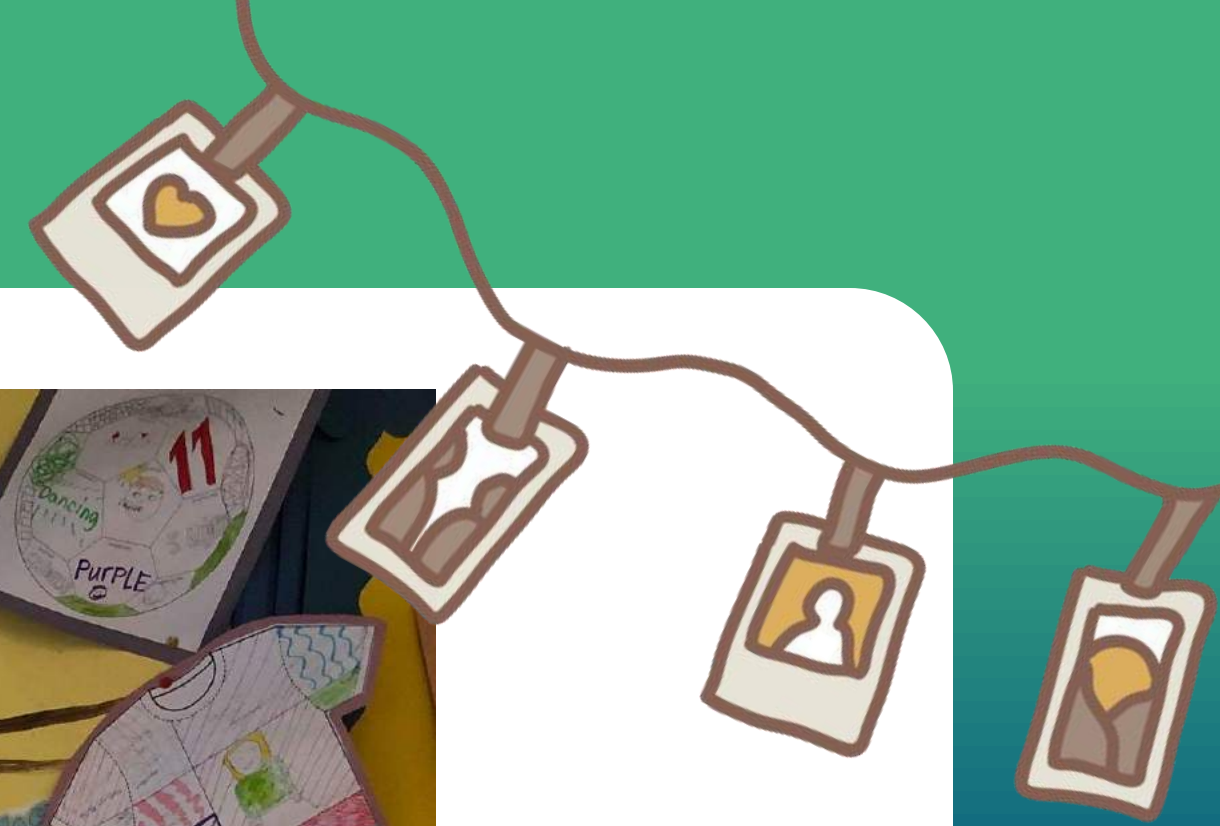




“One person can change a life and for me it was my teacher”



Uncovering and living
our strengths is at the
core of human
flourishing





HELP ME PLEASE !!

Name	I need help with (give an example)	Helped By...
Katie	Fractions	Erin
elle-Mae	comparing fractions	emily
Ben	corrections	Thomas C
Holly	Maths	Maisie
Katie	Metal Maths.	Erin
Rebecca G	fractions	Ellen
Rebecca G	5 A day	Aoise
Jake	Fractions adding	Thomas C
Jude	properties of shapes	Maisie
elle-Mae	Problem Solving with Time	
Rebecca G	m.m corrections	
Jude	ART	James C and Thomas C
Daniel	time tables (helped)	
Olivia	time	Nicole
Ben	corrections	Maisie
Jake	Volum	Dillon
Katie	Metal maths corrections	Paula
Daniel	circles	
Holly	prime numbers	
Jake	Perim & a halved shape	
elle-Mae		

Integrating pupils strengths into a culture of helping/ selflessness



1. Hunt the Good

2. Keep Your Table Stable

3. Keep Changing Lives



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