

Building Resilience & Happiness in our students

The Resilience Project - International

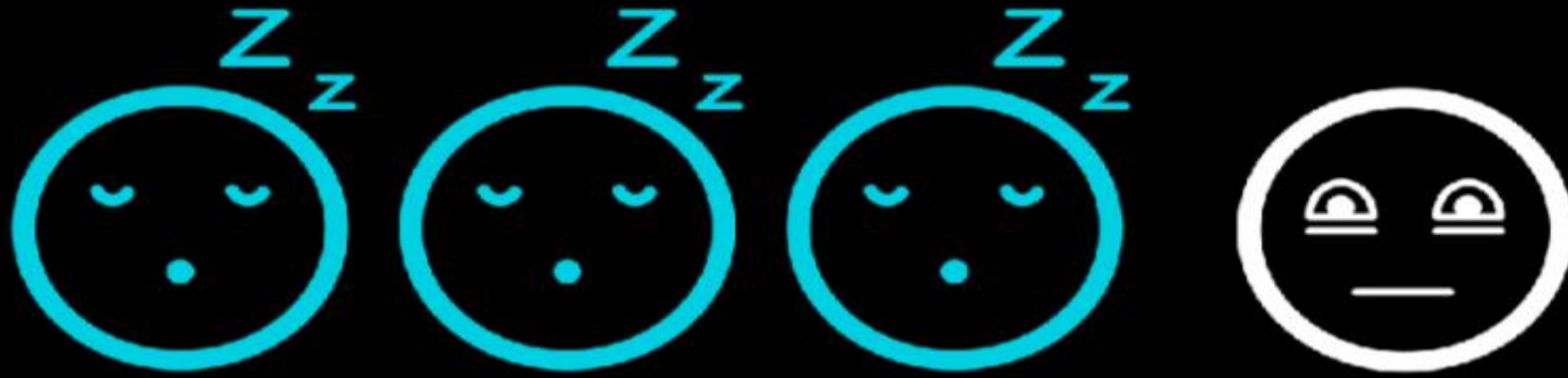
Presented by Ben Waterman





THE
RESILIENCE
PROJECT

SILENCE
OBJECT



1 in 4 Australian primary school students
is losing sleep through worry.



1 in 3 Australian secondary school students
is losing sleep through worry.

PRIMARY

24%



have a mental
health issue



SECONDARY

40%



have a mental health issue



65%

**of adolescents
do not
seek help
for mental illness**

(Australian Bureau of Statistics)

**THE
RESILIENCE
PROJECT**

1 in 5 adults
will experience mental health
problems throughout a year

(Australian Bureau of Statistics)

THE
RESILIENCE
PROJECT

**World Health Organisation
predicts by 2030, depression will
be the highest level of disability
of any mental or physical
disorder (WHO, 2011)**

gratitude

empathy

mindfulness



Gratitude

“The ability to pay attention to what you have, not to focus on what you don’t have



Negative

Gratitud

Empathy

Mindfulness

Trauma

Growth Literacy

Bias

Emotional

Positive

Depression

Anxiety

Gratitude Ideas

- **Gratitude board / student journal / bring photos from home (people, places, things)**
- **Draw pictures of things they are grateful for/Thank you poster**
- **Students telling others why they are grateful to have them in their class**

- **Have students tell reflect on moments of life where they were grateful for something positive that happened to them**
- **Gratitude notes and letter/Snowball fight!**
- **Listing people in their life they are grateful for and why they are grateful for them**

GAME: Gratitude Tennis!



Gratitude

What are three things that went well for you today?

1.

2.

3.

What are you most looking forward to about tomorrow?

My three things that went well for me today

- All IT worked for me today!
- I am not sweating as much as I thought I would during the presentation!
- None has heckled me during the presentation...Yet!



Benefits of Gratitude

In 21 days.....

- You rewire your brain to start scanning the world for the positive, negating our natural negative bias.
- You become 3 times more likely to notice a positive; looking for things I HAVE, and not what I DON'T HAVE

Benefits of Gratitude

In 42 days.....

- are less likely to get sick
- have higher levels of energy
- feel **happier**
- Improved **self-esteem**
- are more focused
- are more **optimistic**
- have a better quality of sleep
- have lower levels of **depression** and **anxiety**



Every morning I spend 10 minutes complimenting the students in my special education class.

Empathy

(Kindness)

“When you can feel what someone else is feeling”





Benefits of Empathy

Every time you do something kind for someone else, your brain releases oxytocin.

- **Oxytocin** leads to:
 - increase self esteem / confidence
 - increase energy
 - increase levels of happiness
 - increase levels of positivity

Benefits of Empathy

- Kindness
- Understanding others points of view
- Promote **thoughtfulness**, kindness and compassion for others
- Active listening
- **Recognise feelings** and occasions when these have been felt through storytelling
- Inference – identifying characters feelings and reasons why they have felt this

Empathy (Kindness) Ideas

- Random acts of kindness for their peers and others
- Pictures of different people and situations
- Playground detective!

- Weekly kindness pledge
- Community project/fundraiser
- Role play/scenarios/Active listening activity
- Smile challenge

Empathy (Kindness)

- **Who is somebody you have done something kind for in the last week/month?**
- **Who is someone that has done something kind for you in the last week/month?**
- **Who is somebody you would like to do something kind for this week and what will it be?**



Mindfulness

“Quite simply the ability to be calm, relaxed and in the present moment”

Mindfulness

- The ability to be completely **present** in the moment
- To remain **focused** on one task
- To be completely **engaged** in a topic, task or conversation
- To raise **self awareness**
- To increase **appreciation** of surroundings and of others
- To become more **connected**

Mindfulness Activities

- Origami
- Photos - write down as many things as you can see
- Spot the difference
- Body Awareness
- 5 minutes - write down everything you can hear
- Look up, down, left, right. Observe and appreciate
- Mindfulness walk / sketch
- Colouring
- Yoga

Benefits of Mindfulness

MENTAL

- reduce **depression**
- reduces anxiety
- improves decision making
- improves ability to focus
- reduce drug/alcohol abuse

PHYSICAL

- relieves stress
- prevents heart disease
- lower blood pressure
- reduce chronic pain
- improve sleep
- makes you less nervous

**How lucky
are we!**



[Musharaf has had a severe stammer since childhood.]

Thank you!