

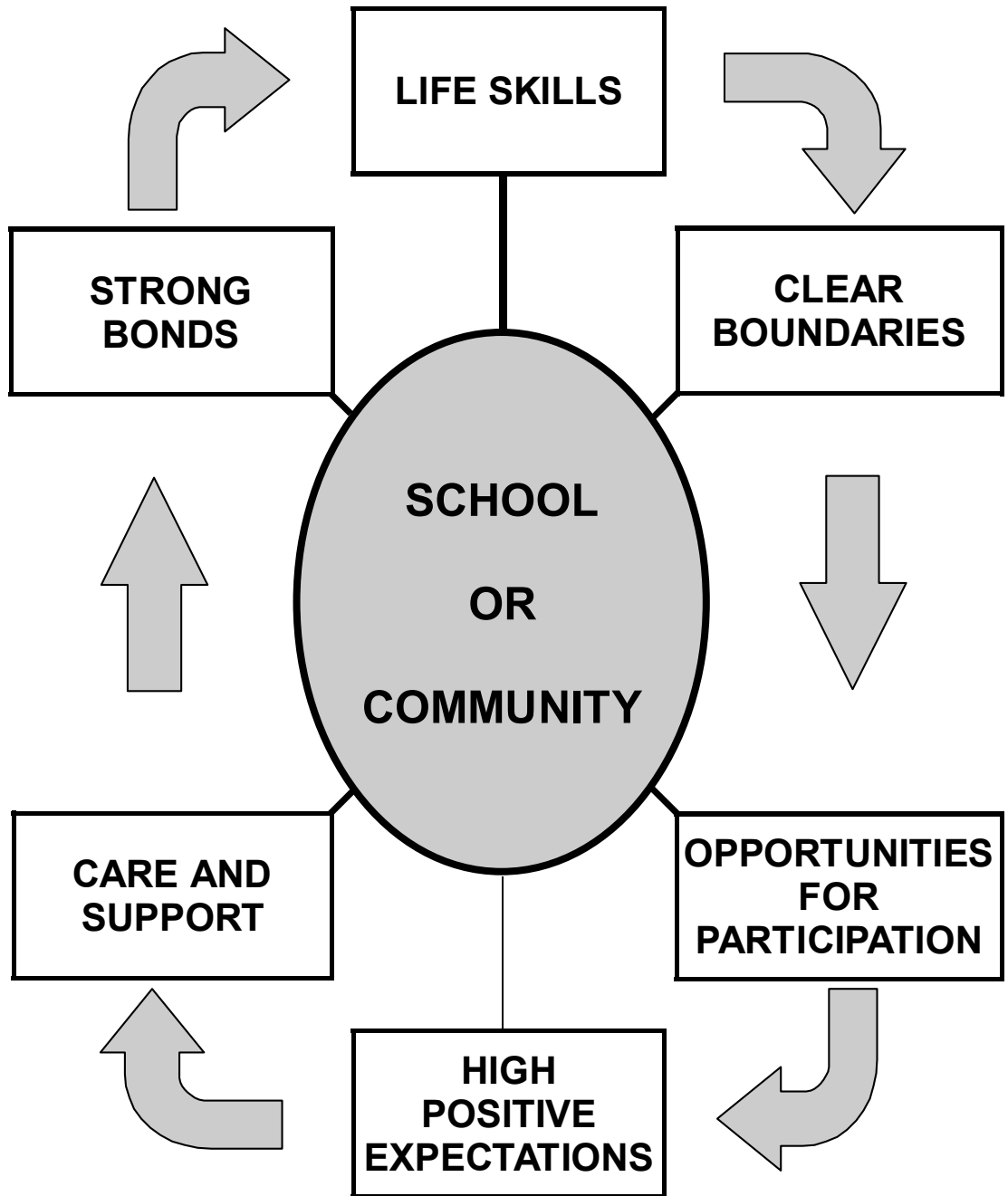
The strongest oak of the forest is not the one that is protected from the storm and hidden from the sun. It's the one that stands in the open where it is compelled to struggle for its existence against the winds and rains and the scorching sun.

Napoleon Hill (1883-1970)

Resiliency Tips

- **Stay centred and fully present in your body**
- “Now that's interesting!”
- **Take the drama words out of your vocab!**
- Give yourself some space outside
- **Focus on your “STRAWBERRIES”**
- Allow lightness and laughter into your world often
- **Create moments of silence and stillness everyday**
- Take note of your warning signs and then take action
- **Remember to breathe –often, deep and slow**
- “This too will pass.”
- **Build real connectedness with people or animals you love**
- Nurture your spirit as well as body and mind
- **The magic eye scramble**
- Learn some energy releasing techniques
- **Hold a positive inner vision of yourself and your life**
- When all else fails there's always chocolate!

FRAMEWORK FOR HEALTHY COMMUNITIES AND SCHOOLS
The Six Protective Factors



Tim Burns & Associates 1996

TEACHER SUPPORTS to HELP SURVIVE

- Maintain sense of humour
- **Develop bondedness**
- Create Friendly co-operative, collaborative classrooms
- **Professional Development that empowers, motivates and inspires**
- Coaching / Mentoring
- **Continue Support After P.D.**
- Inviting other Teachers/Schools in - share ideas, resources and have fun
- **Educate Parents**
- Professional buddies - Tim Tam Time
- **Professional Dialogue - lunch bunchchats and more dialogue in staff rooms**
- Positive Reflective Practice
- **Create a positive, supportive school environment**
- Develop healthy detachment
- **Increase life skills especially stress management ones**
- Communicate high positive expectations
- **Nurture yourself at home**
- Resolve conflicts as soon as possible
- **Establish and maintain healthy boundaries**

How to Nurture the Spirit

- **Take a nap on Sunday afternoons**
- Cultivate friendships that matter
- **Have a generous heart**
- Practise random acts of kindness
- **Love, accept and nurture your body**
- Smile with your eyes and heart at the same time
- **Believe in possibilities, dreams and miracles**
- Develop a gratitude attitude to life, love and leisure.
- **Cultivate your sense of humour, laugh often**
- Learn to cry openly and enjoy it
- **Be as real and honest as possible**
- Celebrate life's moments - both special and unimportant
- **Know where your special place is and go there often**
- Play your favourite music everyday
- **Breathe deeply and often**
- Believe in the power of prayer
- **Respect people of all ages**
- Spend time in nature quietly and gently
- **Learn how to make melting moments**
- Live with people or animals who really love you
- **Drink champagne for no reason at all**
- Love rainbows, sunsets and your favourite flowers
- **Learn to love, accept and appreciate yourself**
- Learn how to show kindness through your touch

Go a little Further

When your mind says "I can't" but your heart says "yes, you can" ...
Go a little further...

When your mind says "I have done all I can for these kids"
But your heart says "tomorrow is a new day"
Go a little further...

When your mind says "There are too many kids who really don't care"
Find a few each day who do care and
Go a Little Further...

When your mind says "I just don't have the support I need,"
But your heart is still full of determination,
Go A little Further...

When you wonder why you are here, remember...
that one student whose eyes sparkled when he finally figured IT out...
or that one student whose smile told you that you touched her life...
or that one student who never cared, but one day cared a little bit...
Go a Little Further...

For when we reach out a little more, we hold onto a possibility...
For when we try one more time to connect, we create a possibility...
For when we go a little further...
We find the power within us to handle all we need to handle...

We live in a world of have to's , should do's and ought to's
and sometimes we loose our focus, sometimes we become discouraged,
we wonder, can we ever make a difference?
we wonder, does it really matter? AND
we wonder, can we really help our students find their real potential?

Alone, we can only do so much, together...imagine the possibilities...
for if each one of us plants the seeds of success,
the seeds of hope and the seeds of kindness
in the hearts and souls of children everywhere

Then maybe without even knowing it
we may create a beautiful garden of possibilities
With flowers of all kinds in
a wonderful rich tapestry of colour and texture. *Maggie Dent " Esteem Plus "2000*

TOP FIVE TIPS

1. Always keep some slack
2. Share the journey
3. Feed your own soul
4. Lighten up!
5. Keep a positive vision for a better way of being. *Maggie Dent 2006*