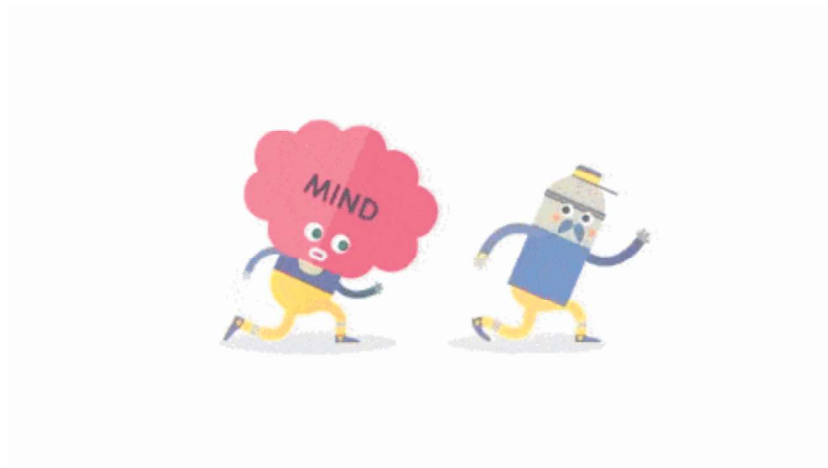

Coping with Change



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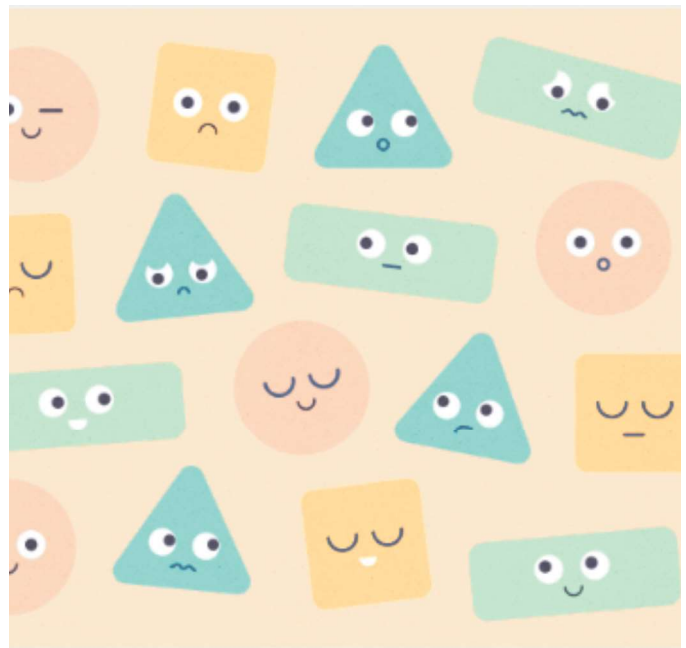
Our Request

Experiential and interactive

Maintain confidentiality & respect others' opinions

Bring your whole self to the room
– thoughts, emotions, bodily sensations... memories, hopes, fears, skepticism

Be open to your experience!



“If the rate of change on the outside exceeds the rate of change on the inside, the end is near.”

–
Jack Welch,
ex-CEO General
Electric

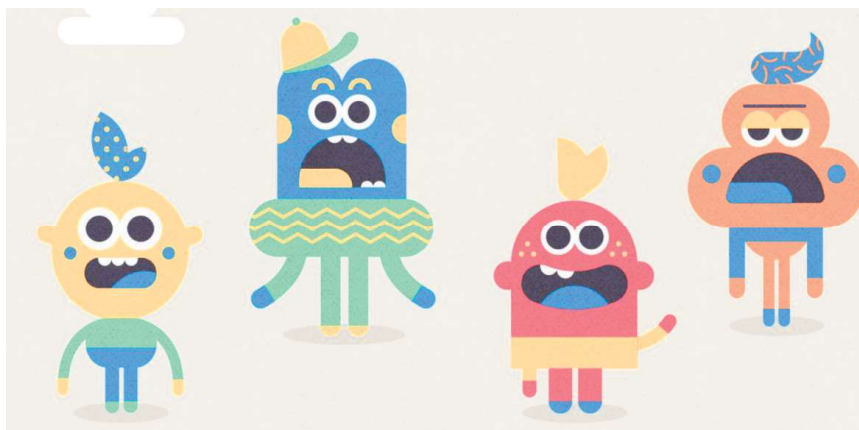


Hello!



1. Understanding my Mental Health
2. Managing psychological well-being
 - Thought - feelings - actions link
 - 10:10:10
 - Staying healthy plan
3. Adapting to change
4. Debrief and sharing of ideas

Your Mental Health



"There is no health without mental health" - WHO

What are your stressors?



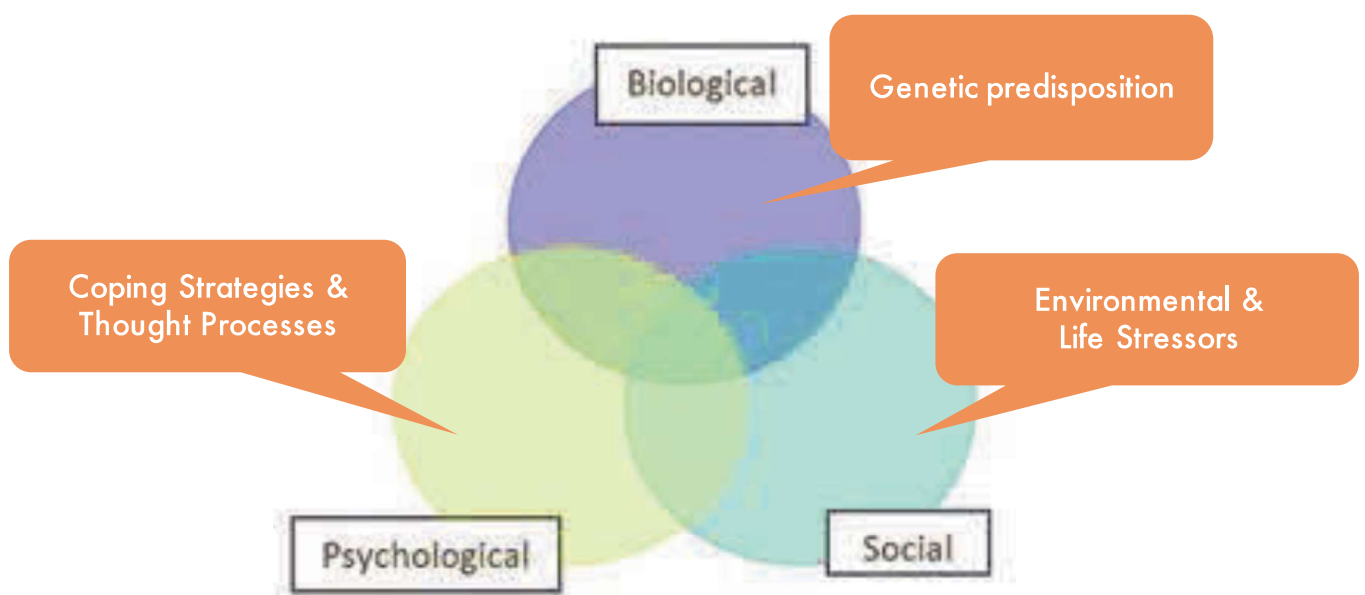
- Isolation
- F2F teaching- HBL
balance
- Work-family
conflict
- Tight deadlines

Consequences:

- High levels of stress
- Burnout
- QoL deterioration
- Urge to leave the profession
- Mental health: Depression,
PTSD, substance consumption

What affects mental health?

Mental Illness has no single cause and often involves the interaction of diverse factors



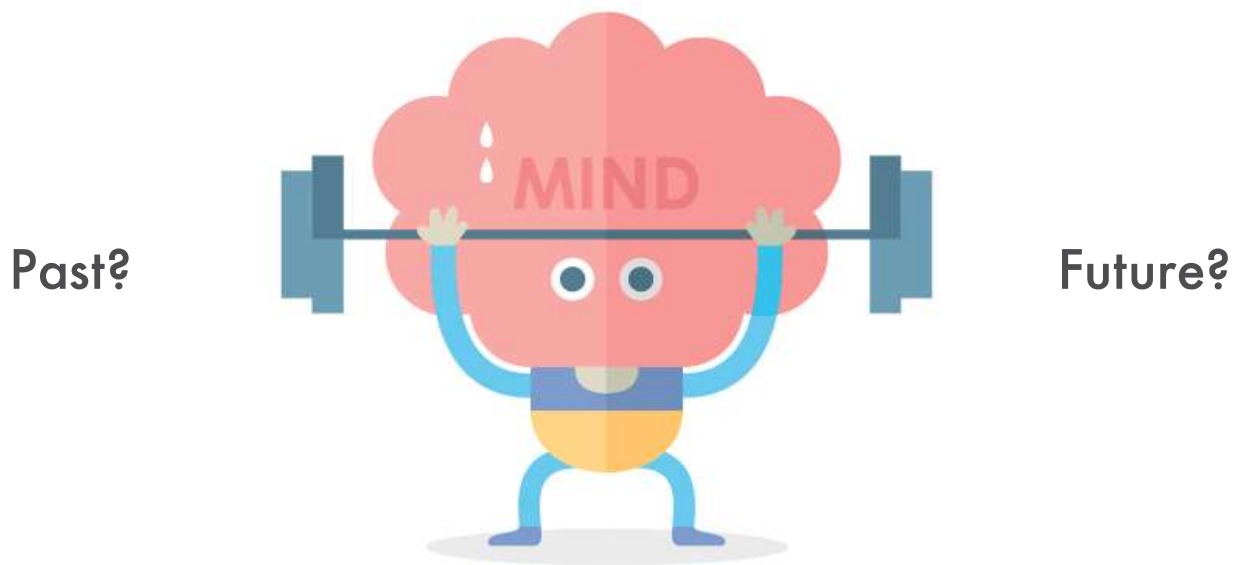
Managing Your Psychological Wellbeing





BREATHE

Where is your mind now?



It wanders approximately 50% of the time!

Are you breathing from
your belly or your chest?



Let's Practice!

Focus on your breath
for 1 minute

Tell yourself to 'relax'
as you exhale

Every time your mind
wanders away, come
back



Thoughts – Feelings – Action Link

If a person has ugly thoughts, it begins to show on the face. And when that person has ugly thoughts every day, every week, every year, the face gets uglier and uglier until it gets so ugly you can hardly bear to look at it.



A person who has good thoughts cannot ever be ugly. You can have a wonky nose and a crooked mouth and a double chin and stick-out teeth, but if you have good thoughts they will shine out of your face like sunbeams and you will always look lovely.



ABCs of our behaviour

Activating (A) events lead to *Beliefs* (B) about these events, which lead to *Consequences* (C)

A → B → C

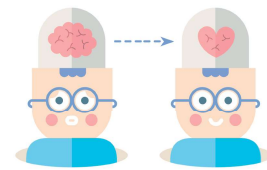
Distress occurs when irrational beliefs cause consequences.

Not A → C

It is our ***interpretation*** (beliefs/thoughts) of events ***not*** the events themselves that cause the way we ***feel*** (emotions) and what we choose to ***do***



Thought Challenging





10 : 10: 10

- When things get you down / irritated / annoyed
 - 10 minutes
 - 10 months
 - 10 years
- How would I feel about it?
- What impact will it have in the long run?
- Do I need to freak out / let it ruin my day / act on it now?

Z S H C

H S K R N

C H R E V D

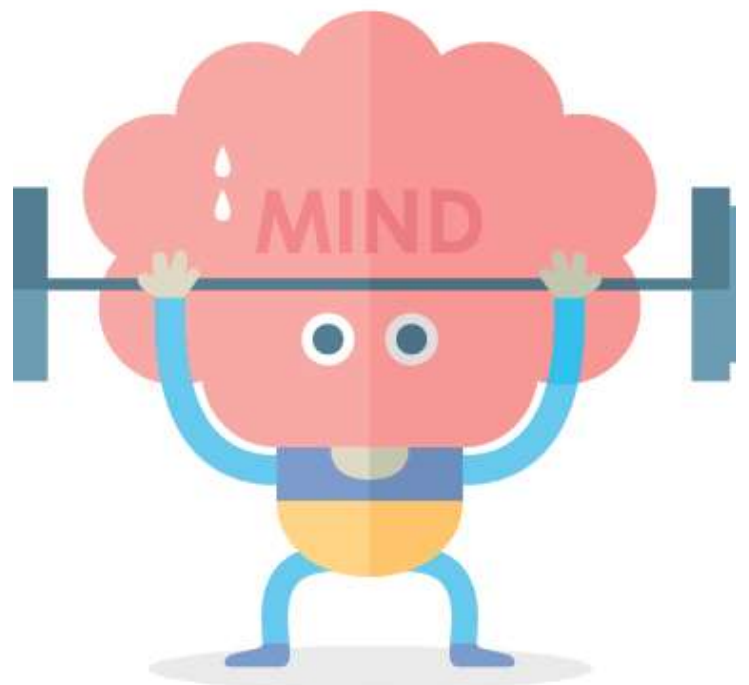
H F O C U S V

O K H D N R C S

V H D N K U O S R O



Your Mental Health Toolbox



Staying Healthy Plan



Three 'R's



1. Reflect

- Challenges weathered and successes
- Personally and professionally (individ./team)

2. Recharge

- Pace your transition back to routines ('Beings' not 'Doings')
- Manage your energy (not time) for optimum productivity

3. Re-orientate

- What's the strategy now?
- Revised goals and priorities

Finding change difficult?



The Process of Change



- Change is a process
- People move through different stages at varying speeds
- Change involves action, but also stages of thinking about change and planning for change, and initiating change
- It is extremely common to struggle E.g., New Years resolutions
- Be patient and reasonable with yourself and others as you adjust back

Readiness Rulers

A specific intervention to elicit change



Individual Change Plan



1. The most important reasons for this change are:

2. My main goals for myself in this change are:

3. I plan to do these things in order to accomplish my goals:

Specific Action

When

4. Other people could help me with change in these ways:

Person

Possible ways to help

5. These are some of the obstacles (barriers) to change and how I could handle them:

Possible barriers to change

How to respond

6. I will know that my plan will be working when I see these results:

thank
you

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