

WTF

Working through Feelings and Emotions in the
Workplace



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- M.Ed. University of North Carolina at Wilmington
- Ed.D. University of South Carolina
- NO Credentials in Mental Health



Identify

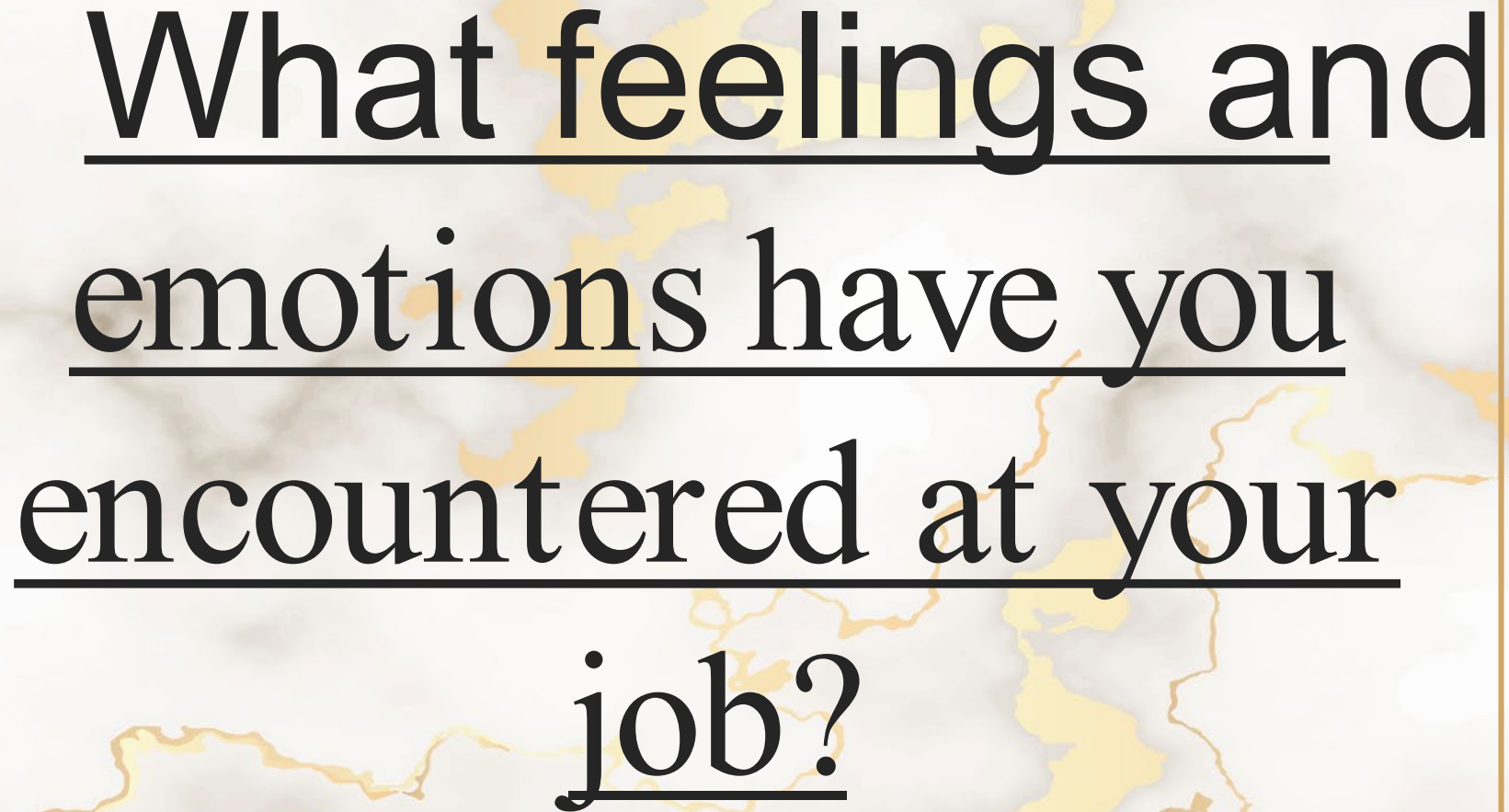
We will identify the different difficult feelings and emotions that have been experienced...

Discuss

We will discuss the circumstances that surround those feelings and emotions...

Share

We will share best practices used to navigate these feelings and emotions...



What feelings and
emotions have you
encountered at your
job?



What do the statistics say?

35% Higher Education
44% K-12 Education



Extreme and consistent cases of stress, anxiety and burnout can lead to heart disease, high blood pressure, anxiety disorders, depression, self medication, and other illnesses...



David...







So what can we do...

Proper Health Care

- Make sure you are properly treating any existing conditions
- Incorporate exercise and movement

Schedule Rest

- What is restful to you?

Recognize Body Responses

- How does your body react to stress?
- How do these reactions affect your mood or productivity?

Personal Support Team

- People in your personal or professional life that are supportive and caring

Resources

Journaling

Gratitude Journal

5 Min Journal: Mood Diary (iOS)

Paperback / Hardback Journals
(Amazon)

Videos

5 min seated stretch

TIDE app (iOS)

5 min Mindfulness Breathing

Podcasts

Teachers Off Duty
Angela Watson's Truth for
Teachers

Other Resources

Counseling Center
Wellness Services
Qualified Mental health
Providers

Thanks for coming!



Twitter

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References

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