TEACHER MENTAL HEALTH 2024:

MIDDLE SCHOOL



• WEBINAR 1:

* STRESS MANAGEMENT PRACTICES

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(sample 5/22 slides)

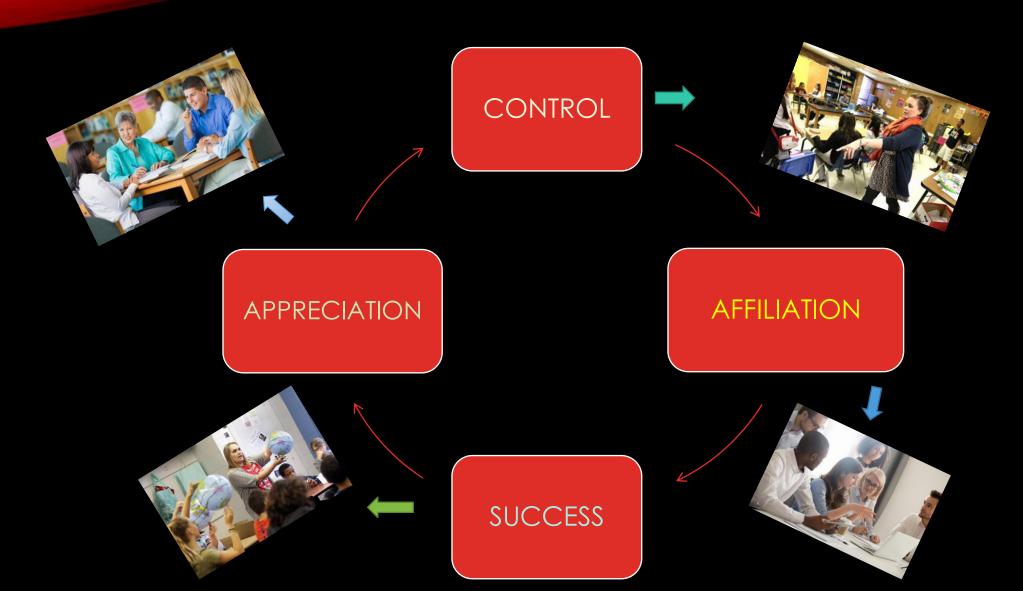
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- > This generation of educators is experiencing a rising level of stress magnified by the coronavirus trauma.
- Inadequate university preparation, placement in chronically failing schools, depressed test scores, and a combination of societal indifference and criticism, among others, are <u>inescapable</u> realities lacking resolution.

RATIONALE

- Implementing innovative instructional systems, combined with programming for students' social – emotional – behavioral requirements, demands different pedagogy and psychological investment.
- > Staff performance and longevity is severely compromised without proactive interventions to reverse this trend.

REFERENT POWER



REFERENT POWER

music: N = 15

students' needs

- playing experience
- personal support
- corrective feedback
- time management (stressors)



teacher's needs

- * instruct lesson (success)
- * manage time (control)
- * mastery (recognition)
- * organization (control)

ATTRACTIVENESS

- Maximizing personal 'attractiveness' is fundamental to sustaining mental health.
- Identify three (3) primary attractiveness qualities correlated with referent power needs.
 - Be specific. Cite examples linked to referent power requirements.
 - ex: "Jumpy, I'm impressed by your attention in class!" (pleasant/control)
 - "I appreciate working together on our art project." (friendly/affiliation)
 - "Cluster 3 has shown improvement since March." (caring/success)
 - "I feel humbled by our group's progress this year." (sincere/appreciation)