

TEACHER MENTAL HEALTH 2024: MIDDLE SCHOOL



- WEBINAR 1:

* STRESS MANAGEMENT
PRACTICES

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(sample 5/22 slides)

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RATIONALE

- 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 inescapable realities lacking resolution.
- 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.

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# REFERENT POWER



CONTROL



APPRECIATION

AFFILIATION



SUCCESS



# 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)