



**TEACHER MENTAL
HEALTH 2024:**

HIGH SCHOOL

WEBINAR 1:

*** INTRODUCTION**

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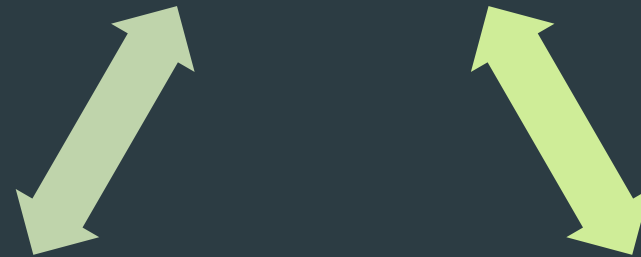
CONSULTANT

'SAMPLE'

MENTAL HEALTH WEBINAR SERIES

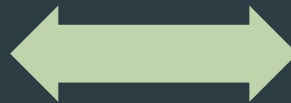
WEBINAR # 1:

- * INTRODUCTION
- * ETIOLOGY



3

PREVENTATIVE
PROGRAMMING



2

STRESS
MANAGEMENT

EDUCATION'S CHALLENGES: **Internal Factors**

- Diverse social - economic - cultural student population.
- Depressed language ability, reasoning skills, and socialization limitations disrupting achievement.
- ▶ Students' self - motivation, perseverance, and critical thinking compromised by excessive electronic entertainment.

- Students' preference for personalized learning and self - expression.
- **Behavior management deficits**
- Modifying educational experience for 20 - 40 % of learners 'at - risk' of academic failure.

Sample High School Scenario: Academics

- ▶ A beginning 9th - grade English teacher is assigned a class of remedial students with academic deficiencies.
- ▶ Instruction is disrupted by requests for personal assistance, frequent distractibility, and chatting.
- ▶ Her students consistently annoy peers, refuse to follow directions, and rarely complete classroom assignments.



Two Types Of Stress



EUSTRESS

positive stress

- Achieved when a person views assigned tasks as achievable.
- Eustress gives one drive, energy, and enthusiasm.
- It acts as a motivator and increases the ability to be successful if one has the means and time to contribute to the tasks.



DISTRESS

negative stress

- Can adversely impact a person's mental and physical welfare.
- Under the right conditions, a sense of anticipation and excitement can increase the ability to be successful.
- Maintaining that state too long can be unhealthy, especially if conditions for a positive outcome are lacking.



Instructor personality: proactive

