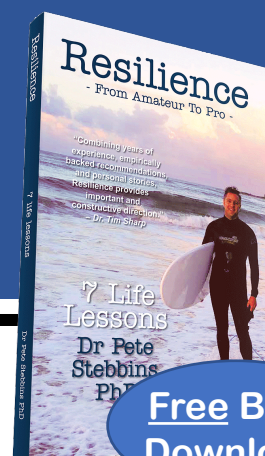


# From Surviving to Thriving

with Dr Pete Stebbins, PhD & Alistair Kerr



## COVID-19 Impacts for Beginning & Early Career Teachers

Working as a beginning or early career teacher has its own unique challenges, even at the best of times. Right now, we are living in unprecedented times. The effects of the COVID-19 virus has touched each and every one of Australia's 3.5 million+ Primary and Secondary Students, their parents, and the 600,000+ School Staff across Australia. While we still have much to learn about the virus itself, one thing is clear, it has caused massive disruption, especially for our beginning and early career teachers.

Overnight, all regular work routines were turned upside down (due to partial closures of schools) resulting in a jarring experience for many. Teachers have had to rapidly learn new skills and ways of working (i.e., setting up engaging 'at home' learning experiences) in record time. All the while, teachers have had to appear calm on the outside – radiating positivity and providing support for students and their families despite their own levels of stress and anxiety.

## From Surviving to Thriving!

Stressful life events (like the COVID-19 crisis) are like a series of waves in our lives. While we can't stop the waves, we can learn to surf by becoming resilient (learning how to recover from adversity without being overwhelmed or becoming dysfunctional). Dip your toes in the waters of stress surfing by completing the Resilience Checklist on the right. Then dig deeper by reading "Resilience: From Amateur to Pro" and complete your own personal wellbeing plan provided in the book.

[Free Mind & Body Relaxation Exercises!](#)

## 7 Signs of Resilience. Amateur vs Pro?

### **1. Waves of Life:** Not all waves are equal, but they do add up to increase the wipe-out risk!

*Do you know your current level of risk for stress related illness, and can you stop yourself from under or over-reacting to stressful life events?*

Always  Sometimes  Never

### **2. Wipe-outs:** Prevent double trouble by recognising early warning signs and stopping the stress cycle!

*Can you recognise your early warning signs of stress and stop the double trouble stress cycle to prevent burnout?*

Always  Sometimes  Never

### **3. The 4 Elements:** Wellbeing is about all 4 elements (Mindsets, Emotions, Lifestyle & Purpose), not just 1 or 2 - Balances all four every day to create harmony between body and mind!

*Can you balance all four elements of your wellbeing everyday?*

Always  Sometimes  Never

### **4. Mindsets:** Change the back-story of your life to live free from worry, demand, & blame!

*Can you change your Mindsets and live free from the need to Worry, Demand and Blame?*

Always  Sometimes  Never

### **5. Emotions:** Stay calm and don't get stuck in the moment - Recognise and manage your emotions effectively so the river flows but does not flood!

*Can you recognise and manage your emotions effectively so the river of emotion flows but never floods?*

Always  Sometimes  Never

### **6. Lifestyle:** Sleep, Eat, Run – Repeat – A healthy body is essential for a healthy mind!

*Do you have the self-discipline needed to optimise your lifestyle and physical wellbeing?*

Always  Sometimes  Never

### **7. Purpose:** They who have a 'why' can endure any how - Having a 'why' in both the big & small picture of life helps us fulfil our legacy every day!

*Is your Purpose in life clear in both the big and small picture, and are you living with a sense of fulfillment everyday?*

Always  Sometimes  Never