

A decorative border made of watercolor-style illustrations of green leaves and small yellow flowers, framing the central text.

Nurturing Resiliency

Dr. Elaina Guilmette

me.
drowning.
res-cuer, person
thing.
re-search /rɪ'sɜ:tʃ/ US: 'res-
with a, an, and in the pl, but
of many or numerals) investi-
in order to discover new
information, etc: be en-
work; carry out a ~/
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etc): She

A Thesis Submitted to the College of
Graduate Studies and Research
in Partial Fulfillment
for the Degree of
in the Department



A YEAR OF WELLNESS

Grades 3 - 5

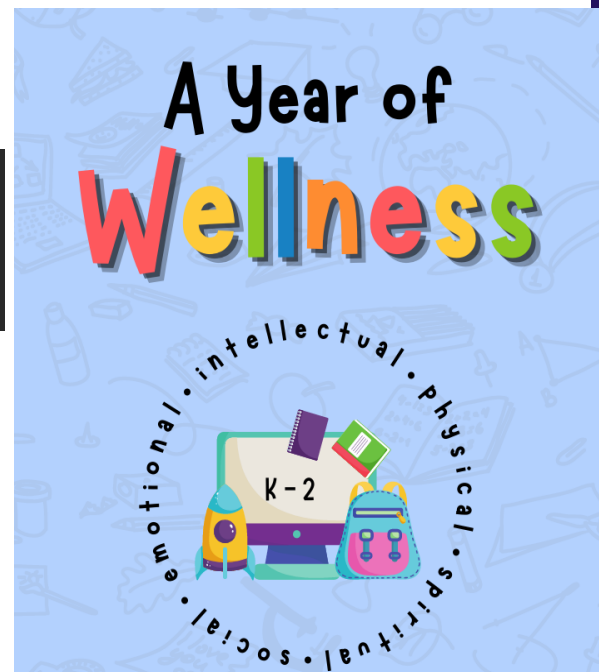
A YEAR OF WELLNESS

MIDDLE YEARS (GR. 6 - 9)

Mental Wellness A30L

BY THEIR SIDE

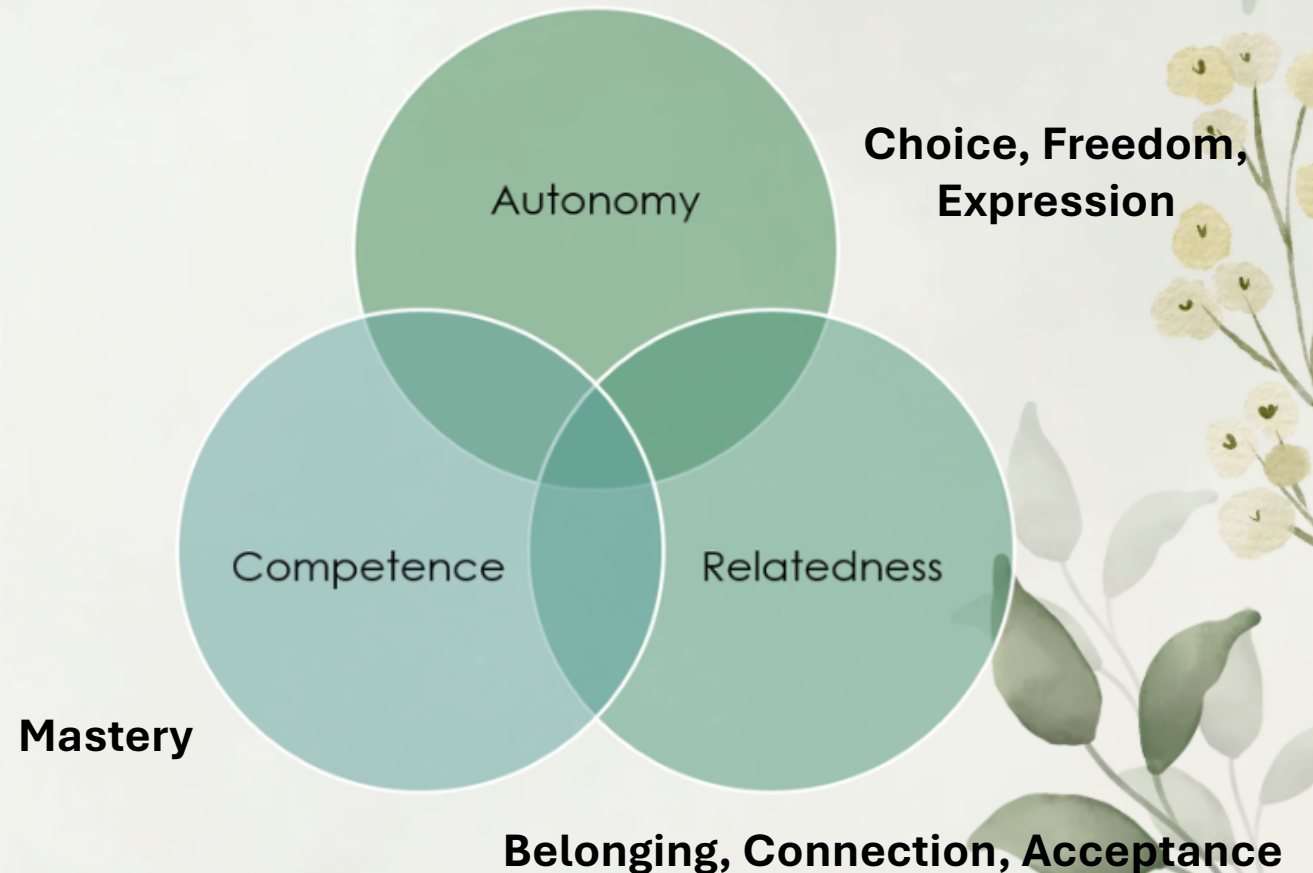
A MENTAL HEALTH RESOURCE FOR ADULT ALLIES
OF YOUTH



Mental Wellness

Self-Determination Theory

Individuals are motivated to **grow** and **change** when their psychological needs are met (Ryan and Deci, 2019).





Curriculum Design

**Self-Awareness
Self-Regulation
Self-Care
Positive Relationships**

Youth, Adolescents, Teachers

“My overall wellness has improved greatly during this course. I still have many rough times in life, but I feel that I can work through them because of the strategies I've learned”

“An opportunity to take control of your mental health and wellness, and learn the steps to be proactive and manage your mental wellness”

“A deeper understanding of how the brain works”

“I understand myself better”

“A great class, that should be mandatory”



Feeling Better

% of participants who feel better after participating in program/service

My Program

All Programs

85%

Feel Better

70%

Feel Better

Goal: 80%



Likelihood to recommend this program (Net Promoter Score)

Promoters - Detractors

My Program

All Programs

57

43

KPIs

RBC Wording

After participating in this program/service, I know where to go to find support when I (or a loved one) experience a mental health struggle in the future.

Grantee Wording

My Program



95%

All Future Launch Programs



85%

RBC Wording

Participating in this program/service improved my ability to recognize the early signs and symptoms of mental health challenges.

Grantee Wording

My Program



95%

All Future Launch Programs



70%

RBC Wording

Participating in this program/service improved my ability to address the early signs and symptoms of mental health challenges.

Grantee Wording

My Program

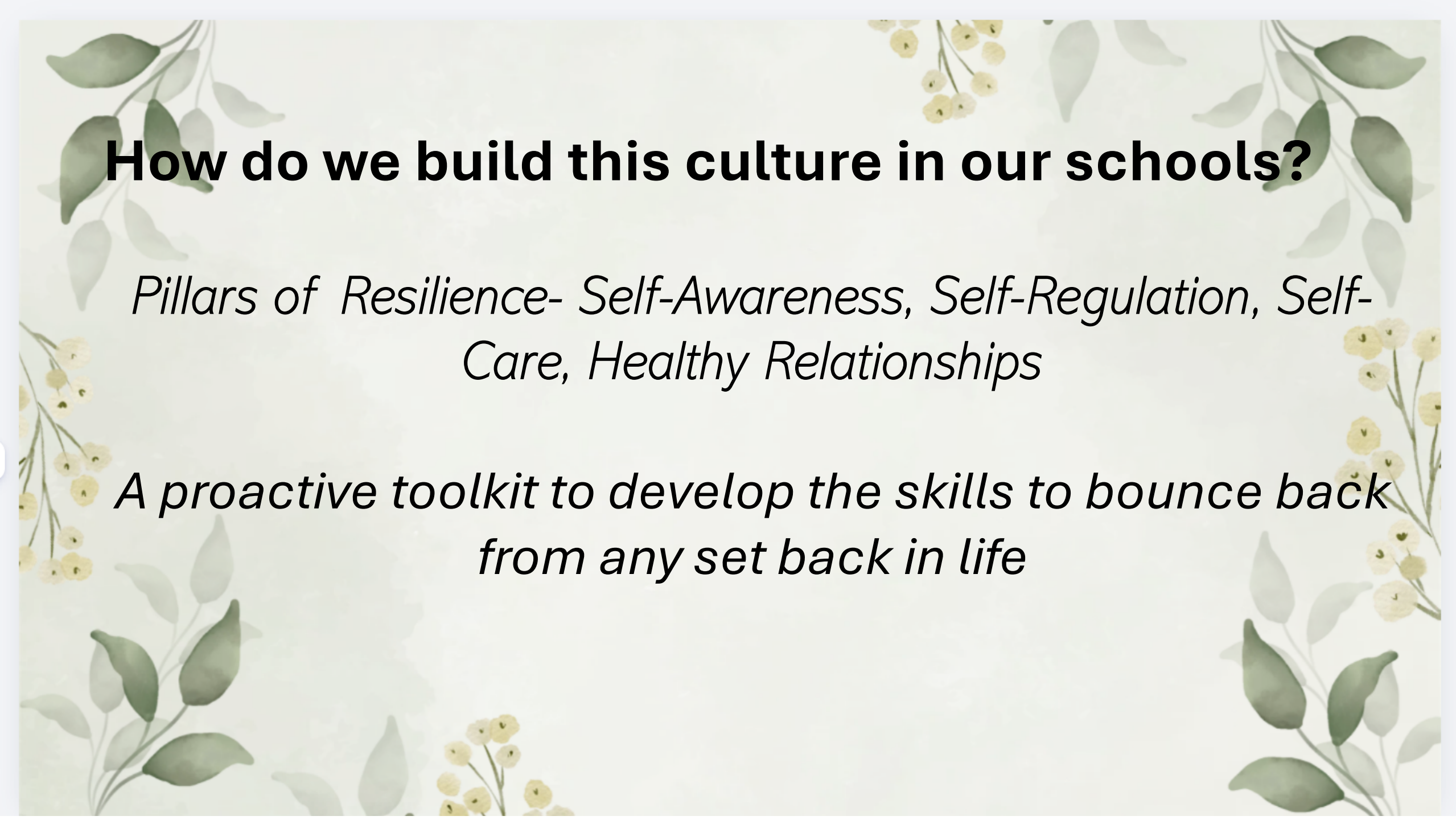


95%

All Future Launch Programs



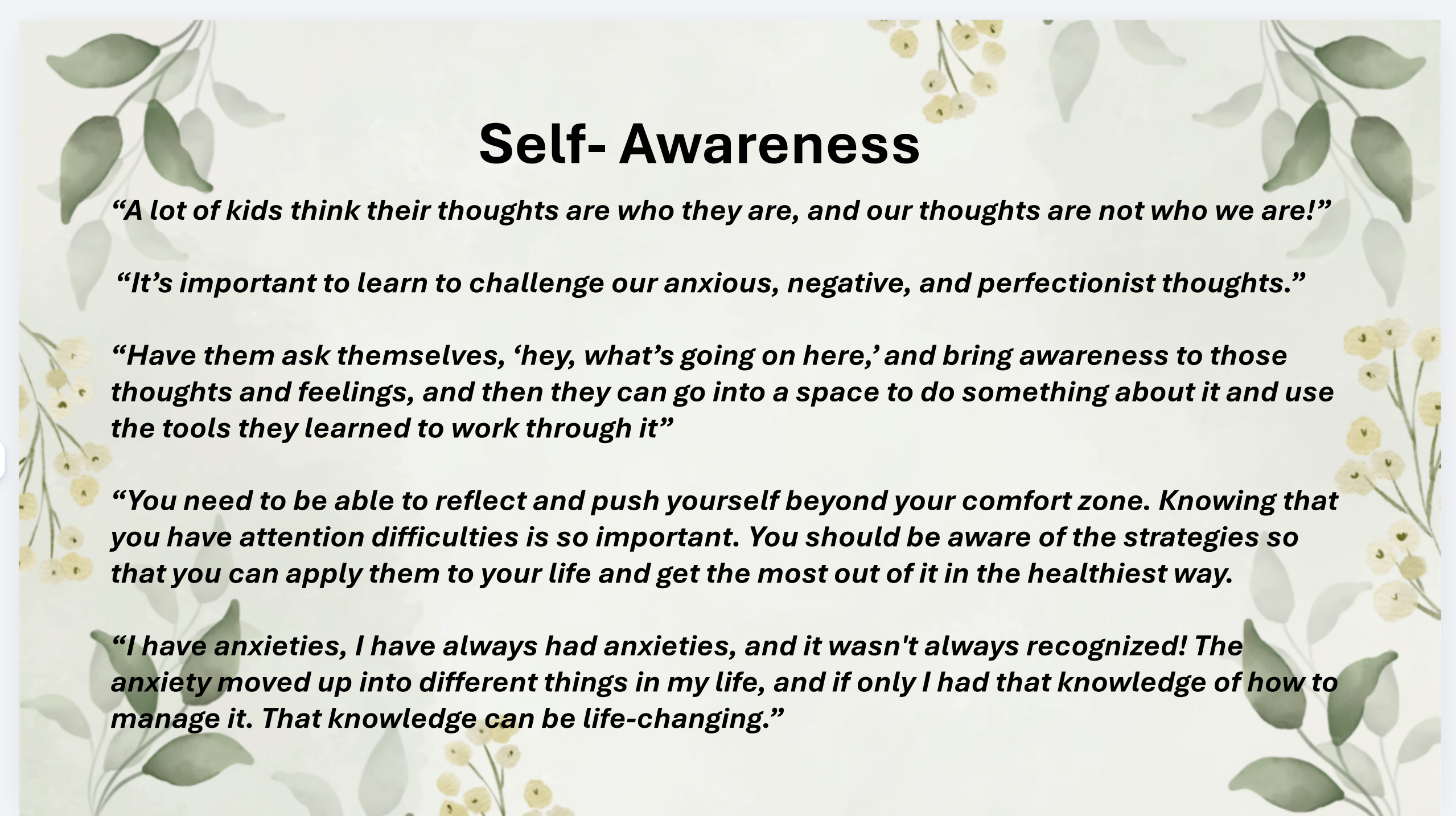
72%



How do we build this culture in our schools?

Pillars of Resilience- Self-Awareness, Self-Regulation, Self-Care, Healthy Relationships

A proactive toolkit to develop the skills to bounce back from any set back in life



Self- Awareness

“A lot of kids think their thoughts are who they are, and our thoughts are not who we are!”

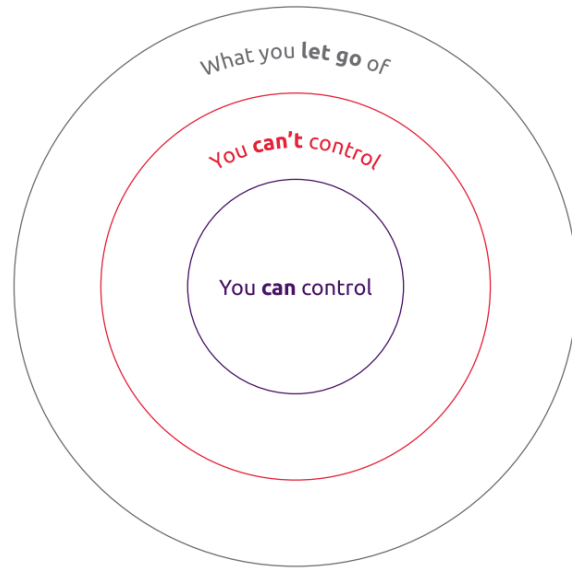
“It’s important to learn to challenge our anxious, negative, and perfectionist thoughts.”

“Have them ask themselves, ‘hey, what’s going on here,’ and bring awareness to those thoughts and feelings, and then they can go into a space to do something about it and use the tools they learned to work through it”

“You need to be able to reflect and push yourself beyond your comfort zone. Knowing that you have attention difficulties is so important. You should be aware of the strategies so that you can apply them to your life and get the most out of it in the healthiest way.

“I have anxieties, I have always had anxieties, and it wasn't always recognized! The anxiety moved up into different things in my life, and if only I had that knowledge of how to manage it. That knowledge can be life-changing.”

Circle of Control

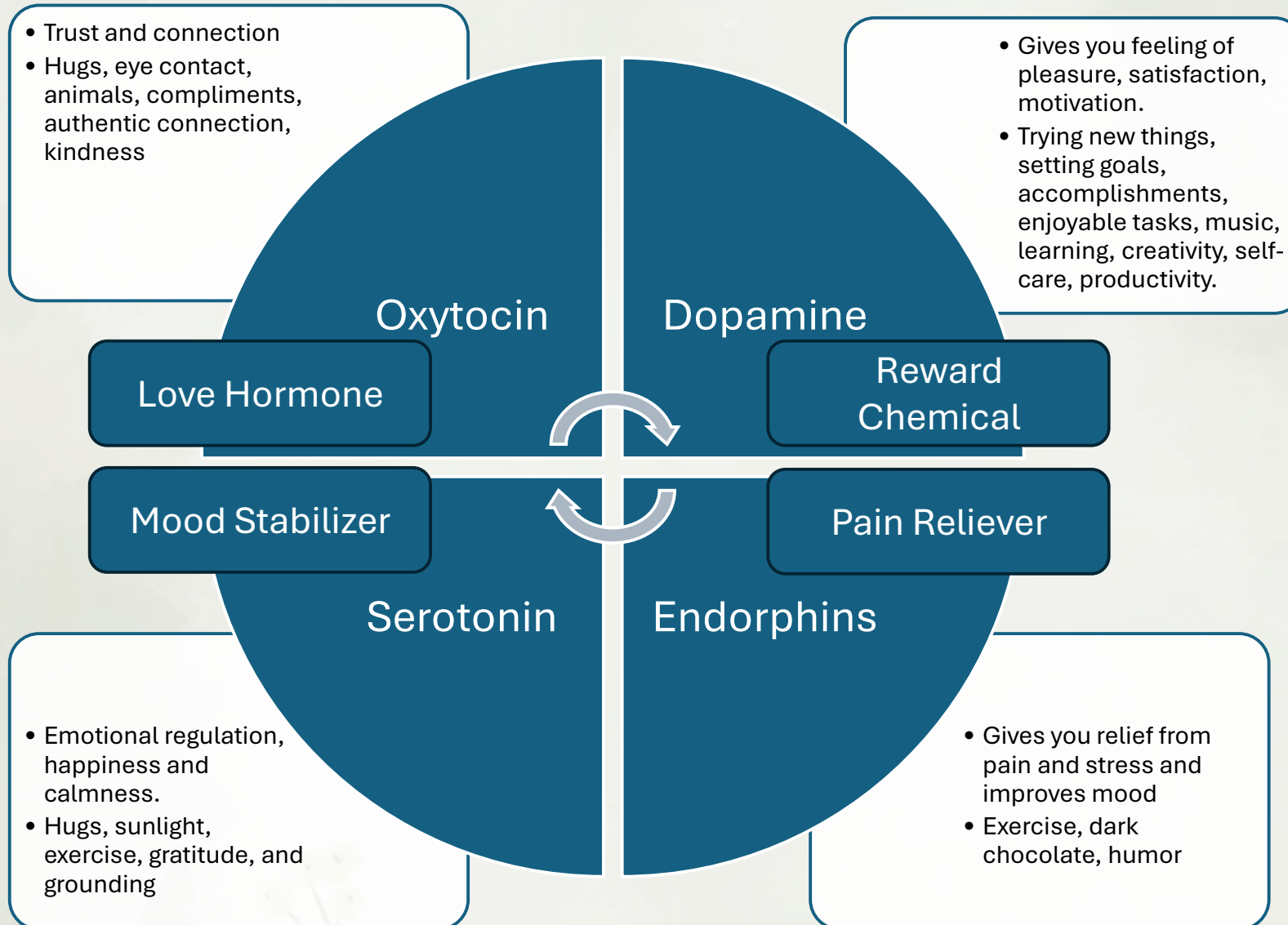


“Change the changeable, accept the unchangeable, and remove yourself from the unacceptable”

What are your strengths? School? Staff?

Confidence is like a muscle. The more you use it, the stronger it gets.

Brain Science- Happy Hormones



Self-Ranking

Rank yourself out of 10 on each. *What could you do to improve that number in weeks to come?*

Physical Activity

Emotions

Hobby

Relationships

Friends

Finances

Work

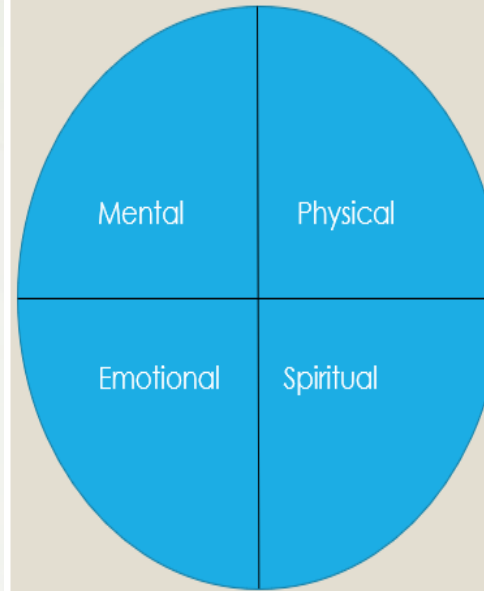
Leisure & Play

Healthy Eating

Water Intake

Sleep

Spirituality



Sometimes the smallest step in the right direction ends up being the biggest step of your life. Tip toe if you must but take the step!!!



List all the activities you are doing currently in each domain.



What area are you doing well in?



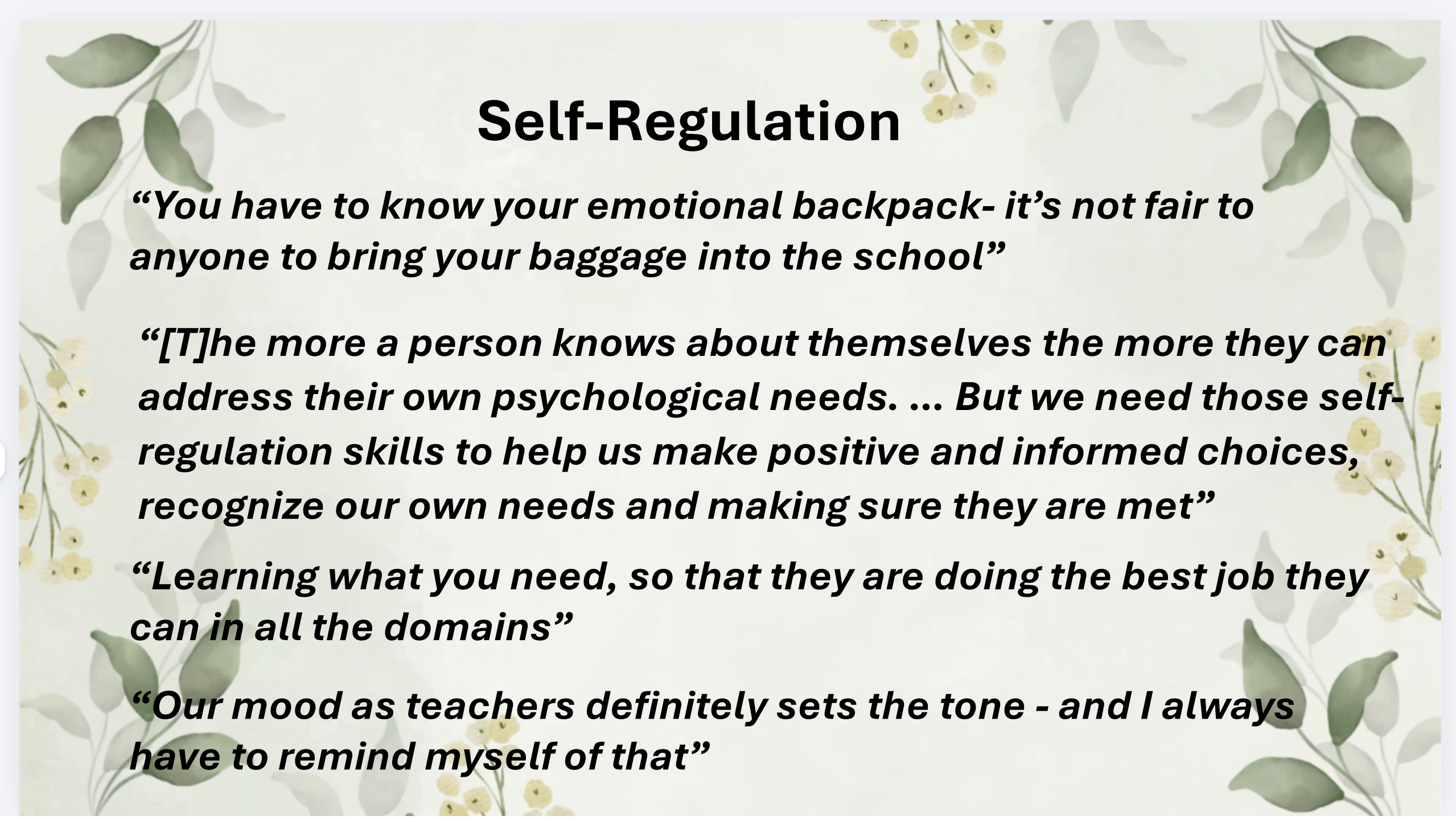
What area could you improve in?



What is causing stress in your life?



What lifts your spirits?



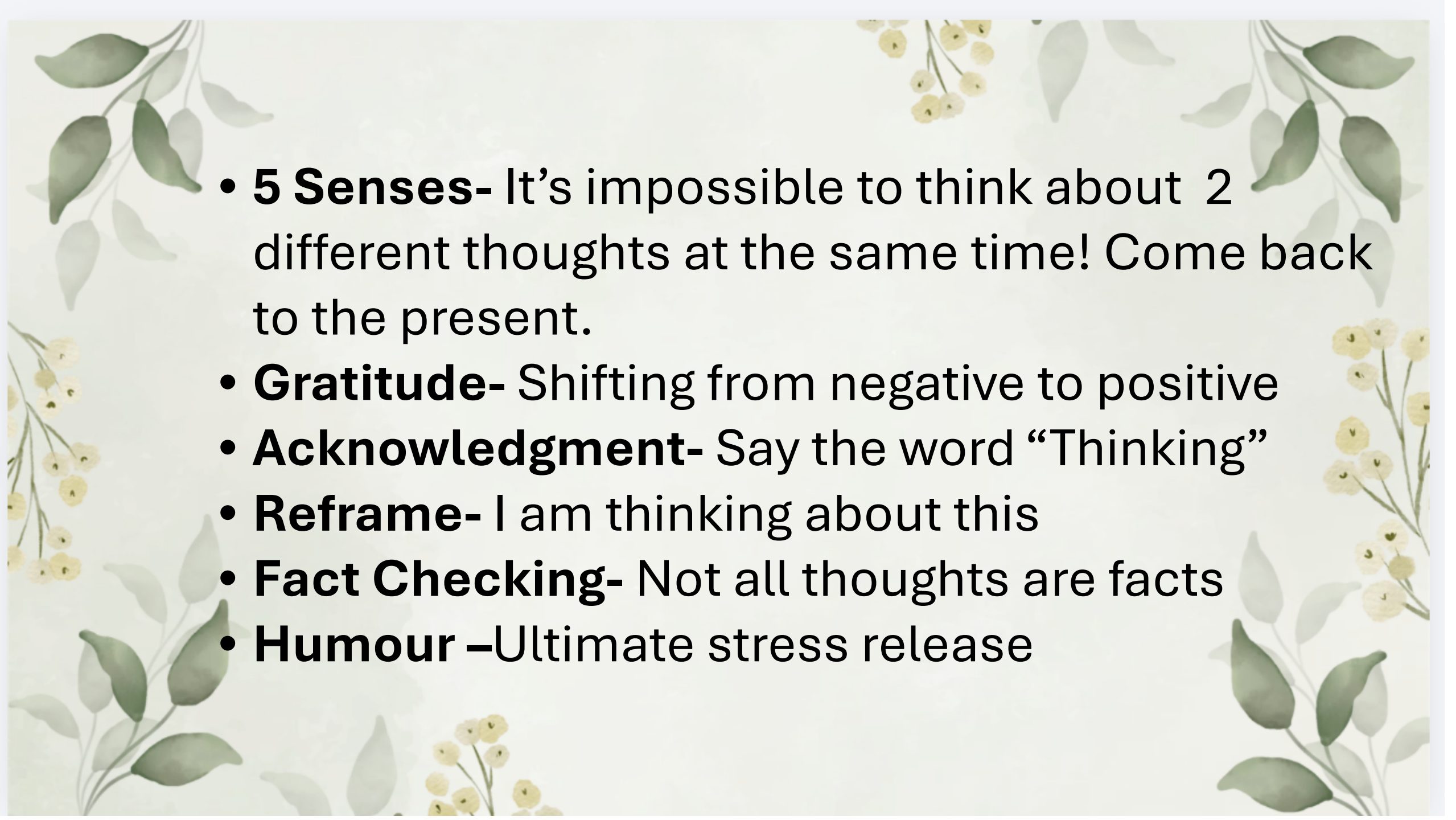
Self-Regulation

“You have to know your emotional backpack- it’s not fair to anyone to bring your baggage into the school”

“[T]he more a person knows about themselves the more they can address their own psychological needs. ... But we need those self-regulation skills to help us make positive and informed choices, recognize our own needs and making sure they are met”

“Learning what you need, so that they are doing the best job they can in all the domains”

“Our mood as teachers definitely sets the tone - and I always have to remind myself of that”

- 
- **5 Senses-** It's impossible to think about 2 different thoughts at the same time! Come back to the present.
 - **Gratitude-** Shifting from negative to positive
 - **Acknowledgment-** Say the word "Thinking"
 - **Reframe-** I am thinking about this
 - **Fact Checking-** Not all thoughts are facts
 - **Humour** –Ultimate stress release

Thinking Traps

Should Statements- Think “could” rather than “should”

Fortune Telling- We cannot tell the future, focus on the present and what you can control

Blaming- Don't blame other people or things, you are responsible for how you feel and how you react

Personalization- You are not the only one involved

Catastrophizing- What is most likely to happen

Emotional Reasoning- Feelings are signals, you choose how you respond

Mind Reading- You can't read minds, ask.....

Over generalizing- One event doesn't define everything-Look for the exceptions

Negative- Look for the good, life is full of grey areas



Past

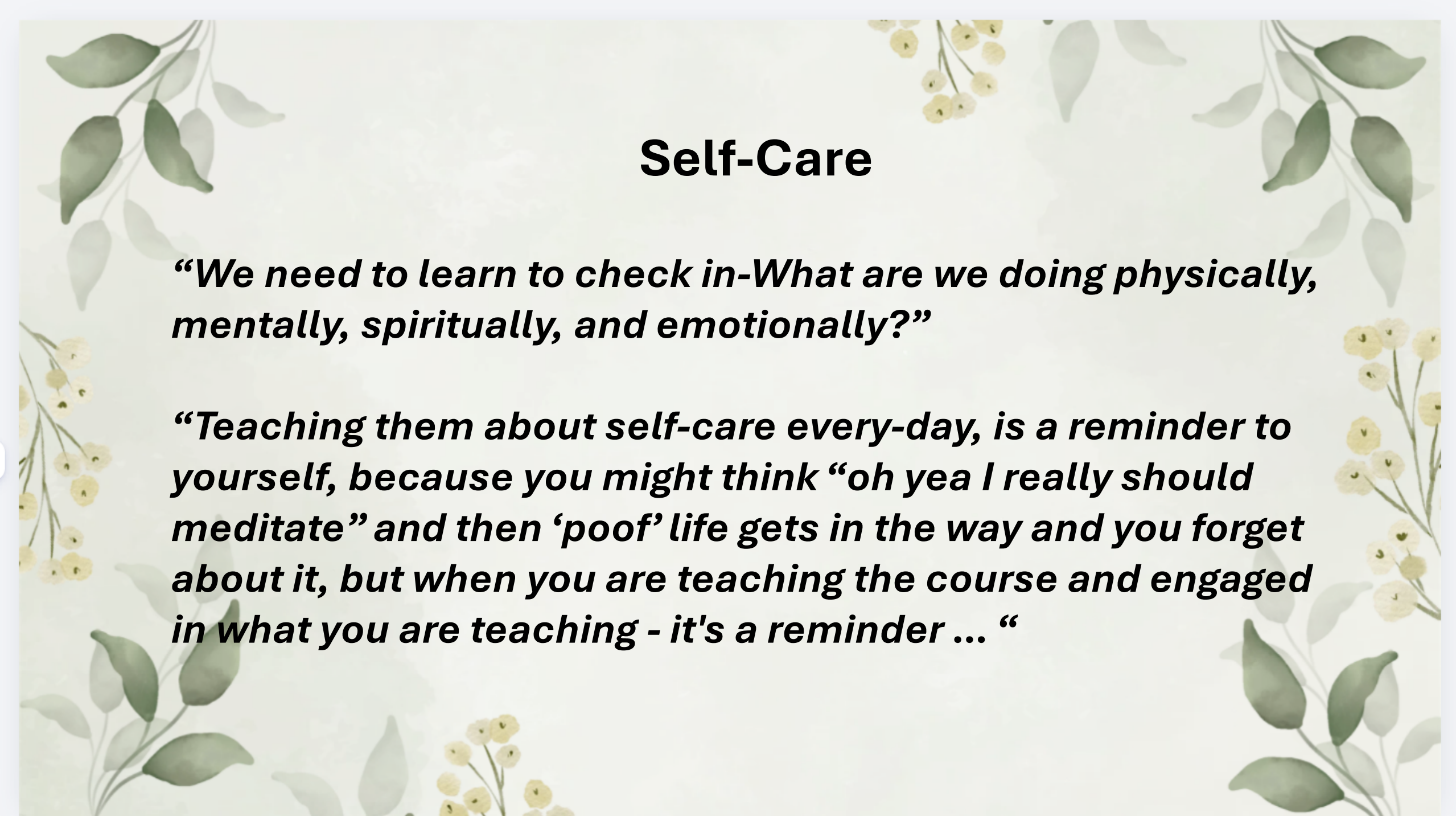


Present



Future





Self-Care

“We need to learn to check in-What are we doing physically, mentally, spiritually, and emotionally?”

“Teaching them about self-care every-day, is a reminder to yourself, because you might think “oh yea I really should meditate” and then ‘poof’ life gets in the way and you forget about it, but when you are teaching the course and engaged in what you are teaching - it's a reminder ... “

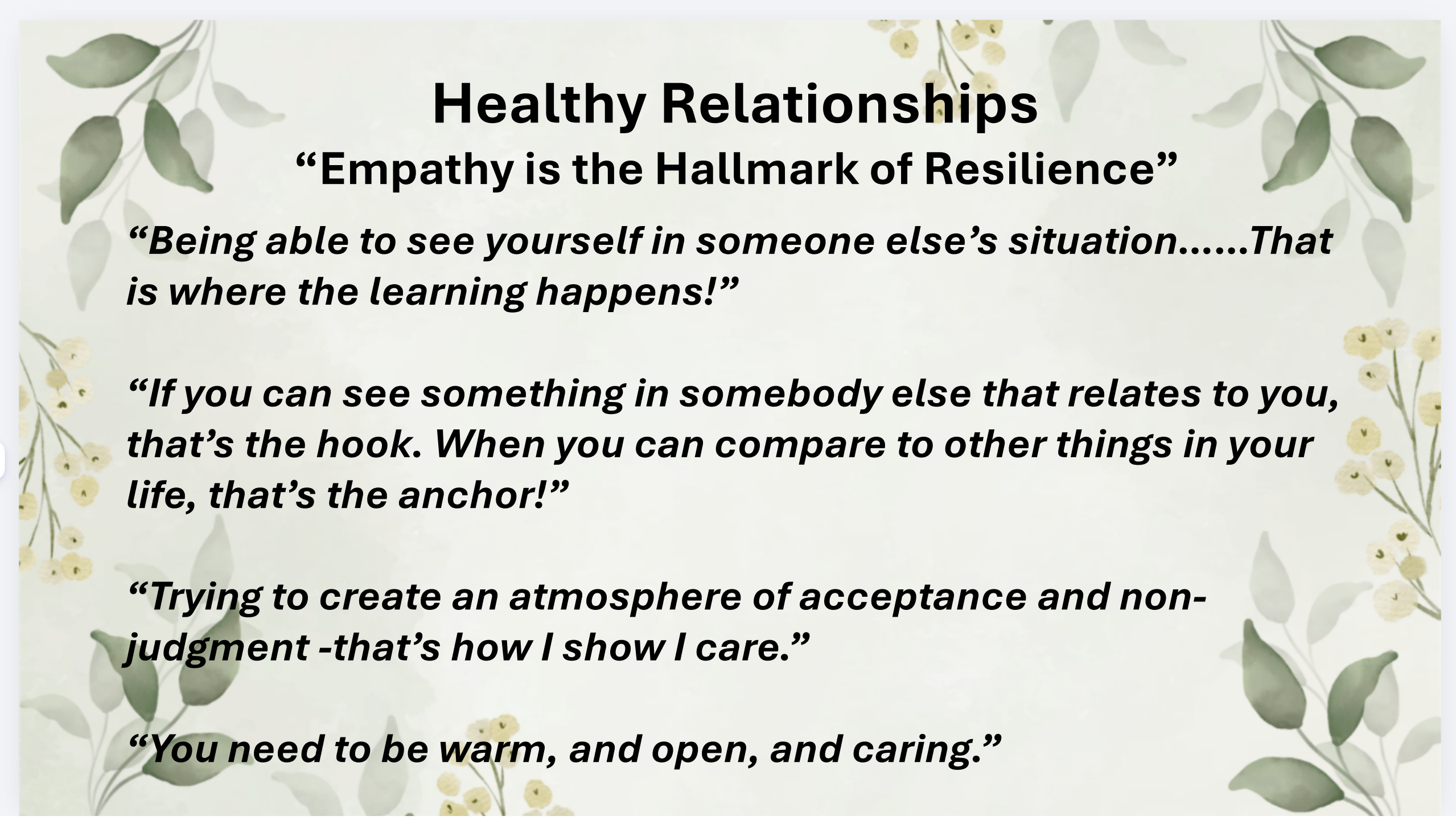
Name: _____
 School: _____
 Address: _____

So we can send you a prize if you win!
 E-mail entry to elaina.guilmette@sunwestsd.ca

May

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Write down 3 things you are grateful for	2 Try a new yoga video	3 Go for a walk outside and spend some time in nature	4 Drink water	5 Find a new coping technique to try	6 Make your bed as soon as you get up	7 Do a 5 minute meditation
8 Take a picture of something that makes you happy	9 Write out your intentions for the week	10 Go to bed early	11 No TV today	12 Do something you've been avoiding	13 Watch a funny YouTube video	14 Try a brain dump
15 Stretch	16 Watch a TED talk	17 Try a progressive muscle relaxation	18 Spend 30 minutes outside	19 Write down 3 things you love about yourself	20 Go to the library	21 Draw how you're feeling today
22 Do a 5 minute meditation	23 Drink water	24 Find a journal prompt and use it	25 Wear something you feel good in	26 No social media day	27 Listen to a podcast	28 Wake up early
29 Self check-in: What do you need today?	30 Do a random act of kindness	31 Give yourself a compliment				

Wellness Challenge



Healthy Relationships

“Empathy is the Hallmark of Resilience”

“Being able to see yourself in someone else’s situation.....That is where the learning happens!”

“If you can see something in somebody else that relates to you, that’s the hook. When you can compare to other things in your life, that’s the anchor!”

“Trying to create an atmosphere of acceptance and non-judgment -that’s how I show I care.”

“You need to be warm, and open, and caring.”

Work-Place Ranking

- **Communication**
- **Autonomy**
- **Connection**
- **Competence**
- **Security & Safety**
- **Fun & Laughter**
- **Creativity & Innovation**
- **Leadership**
- **Mentorship**
- **Wellness**
- **Support**



Q & A Session

A decorative border made of watercolor-style illustrations of green leaves and small yellow flowers, framing the central text.

Thank You

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