

## ▶ Top Reported Symptoms

(Arnold & Rahimi, 2024, IPPN survey)

▶ Burnout

▶ Stress (Cognitive and Somatic)

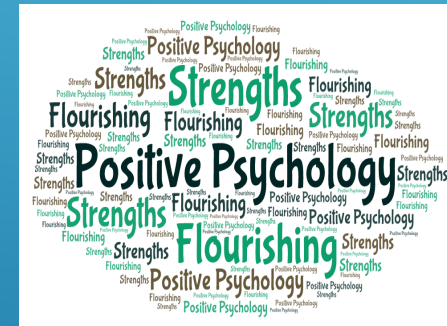
▶ Sleep Issues

▶ Self-rated Health Issues

▶ Leadership->Culture->Resilience

▶ How to turn adversity into resilience and growth?

▶ How do we reach our true potential and live an existential existence?



# STRESS MANAGEMENT IPPN, GALWAY, FEBRUARY 2025.

**KAREN BELSHAW, M.P.S.S.I.**

BSC.HONS, MSC PSYCH & WELLBEING, PG.DIP.CBT, DIP.MBSR, WORKPLACE WELLBEING



## WHAT IS THE GREATEST IMPEDIMENT TO EFFECTIVE LEADERSHIP & WELLBEING?

The lack of it in reality ...97% Deputies hold teaching roles

The perception of it...

Option 1 trigger stress response

Option 2 don't trigger stress response



You can't always change your environment, but you can change your *reaction* to it...

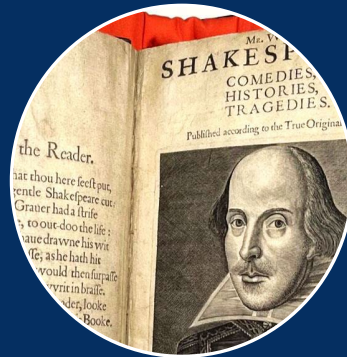
- ▶ ***“Work life balance is impossible, never 'off the clock', people text you and call you about work all hours of day and night. Holiday periods spent sick, recovering from school. Very poor quality of sleep thinking about/worrying about school. Exhausted when home from work as trying to run a school in a fulltime teaching role, no energy left to exercise or socialise” (An Irish primary principal, IPPN Health & Wellbeing Report 2024)***

SO WHAT CAN YOU DO?

## Attention



## Thinking



## Energy





## TOP TIPS

Connection.....with staff, school community and self

Compassion.....for self and others

Confidence.....in your strengths

1%

Gratitude is a big contributor to happiness (Seligman, Steen, Park, Peterson, 2005)

