COMPASSIONATE SYSTEMS LEADERSHIP

A framework for supporting mental health in schools and beyond.

2023 FISA Webinar series (#2)

Grounding
(an invitation)

Journaling

What is moving or bubbling up in you? What is top of mind as we gather today? What comes to mind when you think about your well-being? What is something that might be currently challenging your well-being?

Break through (breakout) groups

We will spend the next few minutes in a small group with 2 or 3 other people. Remember the guidelines: each person gets 1-2 minutes to share as much or as little as they wish from their journaling; listening is more important than talking.

I will provide time cues to help ensure everyone gets time.

Factors that support well-being

AWARENESS

A heightened, flexible attentiveness to your environment & internal cues such as bodily sensations, thoughts & feelings.

INSIGHT

Self-knowledge concerning how our emotions, thoughts & beliefs shape our experiences & sense of self.

PURPOSE

Being clear about your core values & deeper motivations & being able to apply them in your daily life.

CONNECTION

A feeling of care & kinship toward other people, promoting supportive relationships & supportive interactions.

Visit https://centerhealthyminds.org/about/why-well-being for more info.

This adaptation by @shirleygiroux

AWARENESS

Heightened, flexible attentiveness to environment & internal cues (e.g. bodily sensations, thoughts & feelings).

Attention

What is going on for me?

What do I need?

How are the ways in which I am getting my needs met working for me?

INSIGHT

Self-knowledge concerning how emotions, thoughts & beliefs shape experiences & sense of self.

Self-Care = Healthy Boundaries

Getting what's needed to support health & well-being

(*sleep, nutrition, fun, connection, meaning, movement, nature*)

PURPOSE

Being clear about core values & deeper motivations & being able to apply them in daily life.

Sufficiency + Moderation

Am I getting/doing enough of what is important to me?

What do I deny myself too often?

What do I indulge in too often?

CONNECTION

Feeling care & kinship towards other beings, promoting supportive relationships & interactions.

(Visit https://centerhealthyminds.org/about/why-well-being for more info on the 4 pillars of well-being. This adaptation & connection to authentic self-care by @shirleygiroux.)

A picture of well-being

If you have not already considered it, please take a few moments to note a current challenge you are facing that is (or could be) connected to your well-being.

Consider how/where this challenge might have connections to the factors in Davidson's model.

Mandala of Systems Awareness: Center for Systems Awareness

This Reflection & Design: Suchitra Sarda & Shirley Giroux

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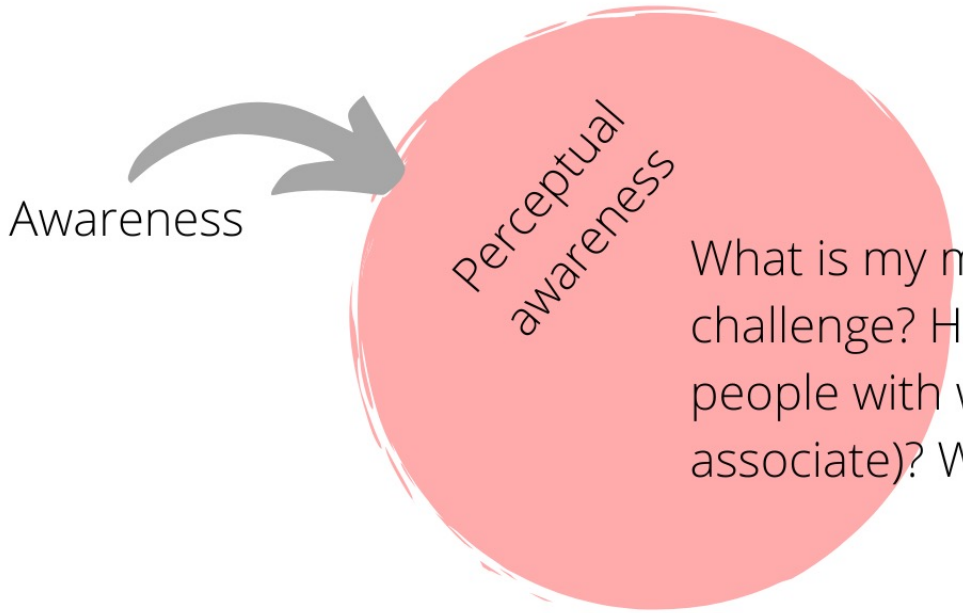
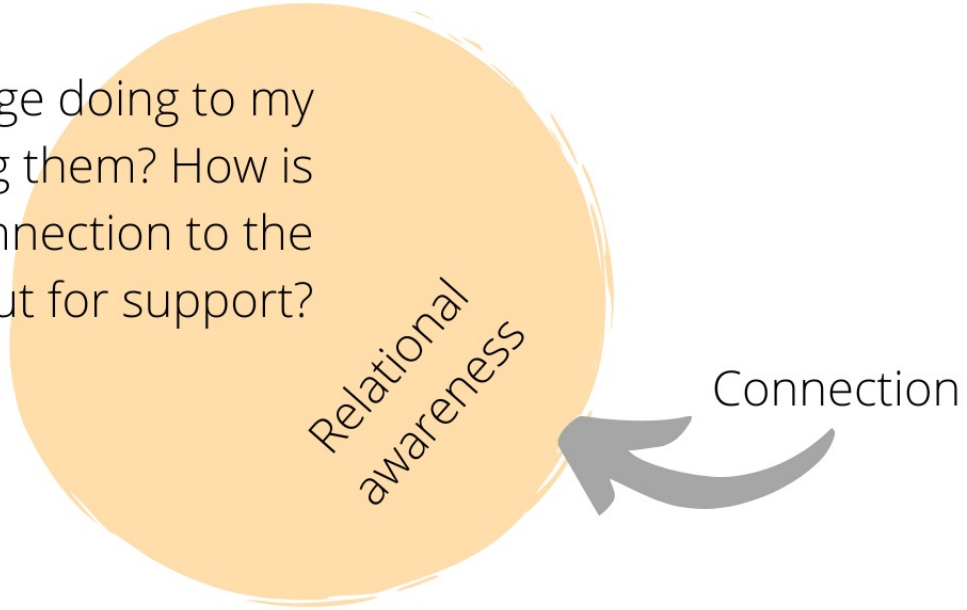
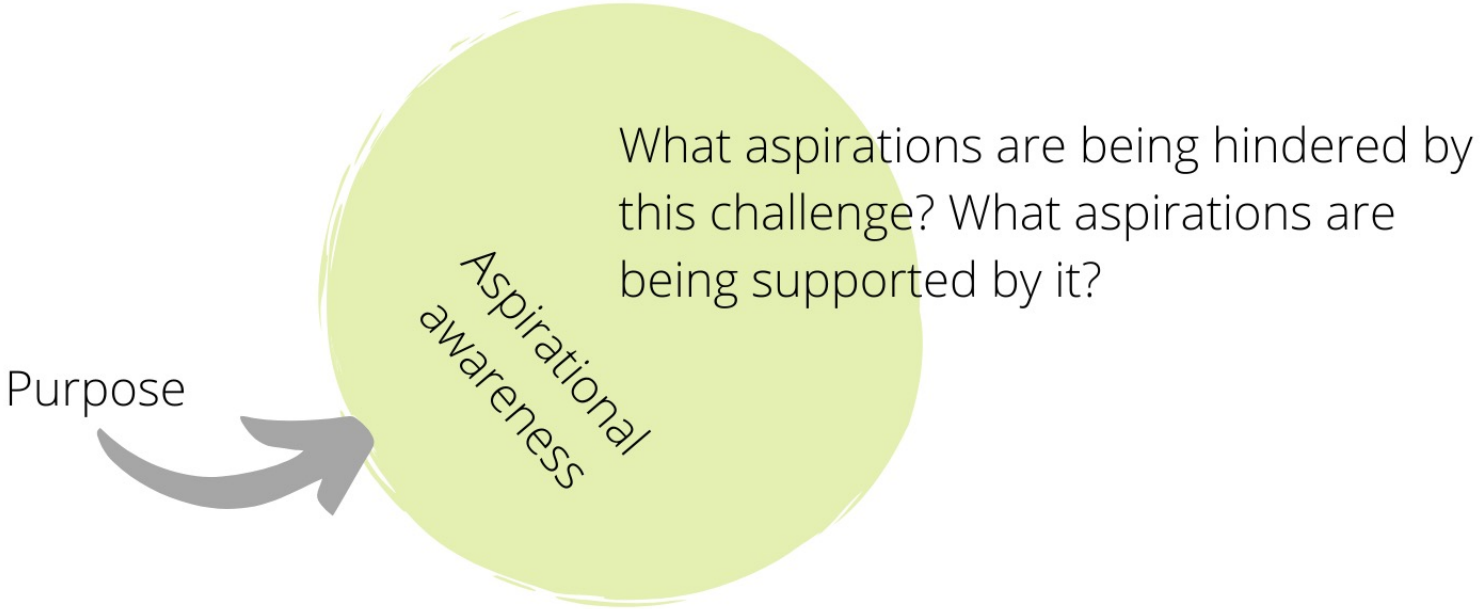


What is my mind/intellect telling me about this challenge? How does this challenge appear to people with whom I work (or otherwise associate)? What is their perception of it?

What does having this challenge feel like in my body? What is my body telling me about it? What insight into myself do I have because of this challenge?

What is this challenge doing to my relationships? How is it affecting them? How is this challenge affecting my connection to the world? To whom can I reach out for support?




What aspirations are being hindered by this challenge? What aspirations are being supported by it?
Aspirational awareness
Purpose

A picture of well-being

How was this exercise?

- Any new information?
- Any new directions?
- How might it influence you?

THANK YOU
Questions or comments?
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