

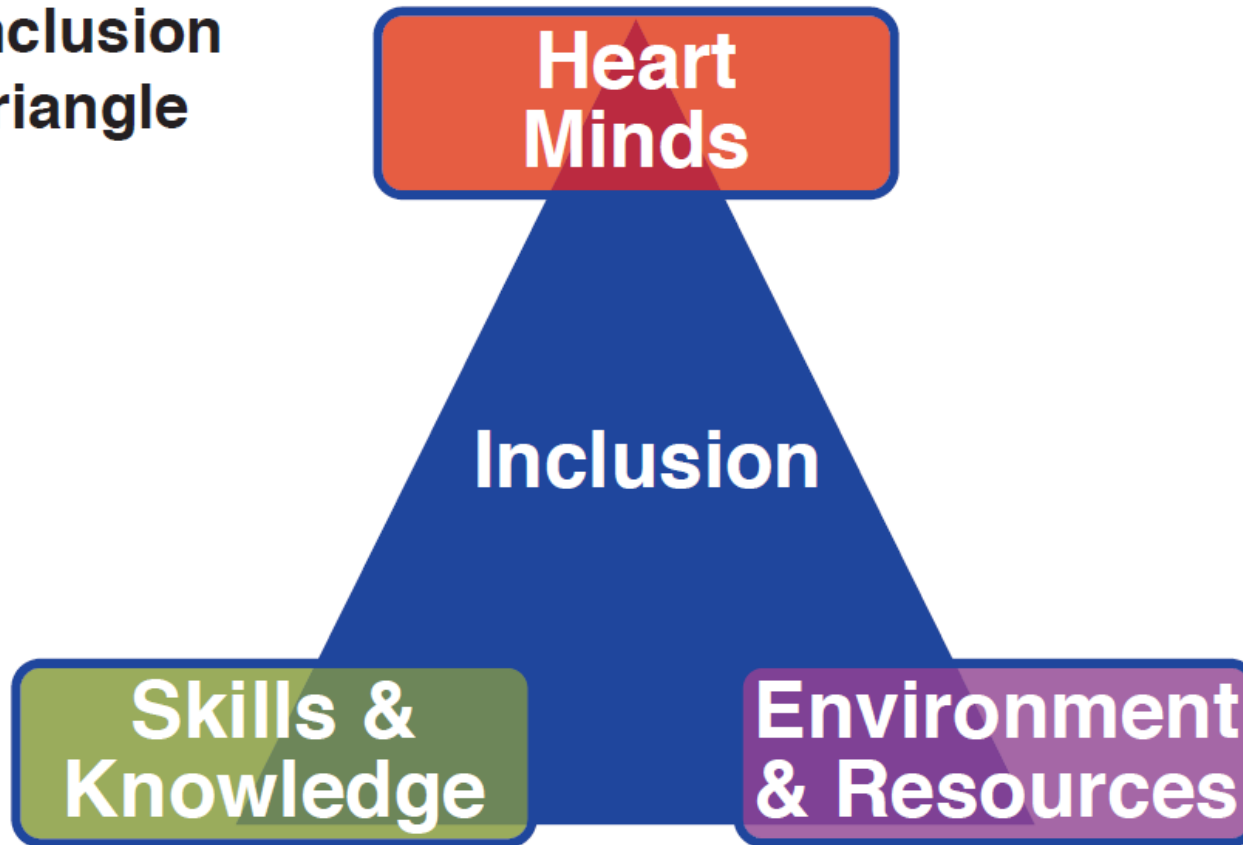


Emotional Wellbeing

Educational Psychology Team
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Aims of this session

**Inclusion
Triangle**



Aims of today's session

- Understanding what we mean by the term 'emotional wellbeing'
- Introducing models of emotional wellbeing
- Thinking about promoting your own emotional wellbeing

Vignette

BAD day:

It's a cold, dark, October morning and when your alarm goes off for work you naturally reach to press the snooze button (numerous times!!) then you find yourself rushing to get ready for work. You ladder your tights on the way out of the door, get stuck in traffic and are very late to the office. This makes you late for your first appointment and all of your meetings run over so you don't have time for lunch. Your afternoon then consists of difficult telephone conversations, mountains of emails to reply to etc etc...

- When you get home, what are you drawn to doing?

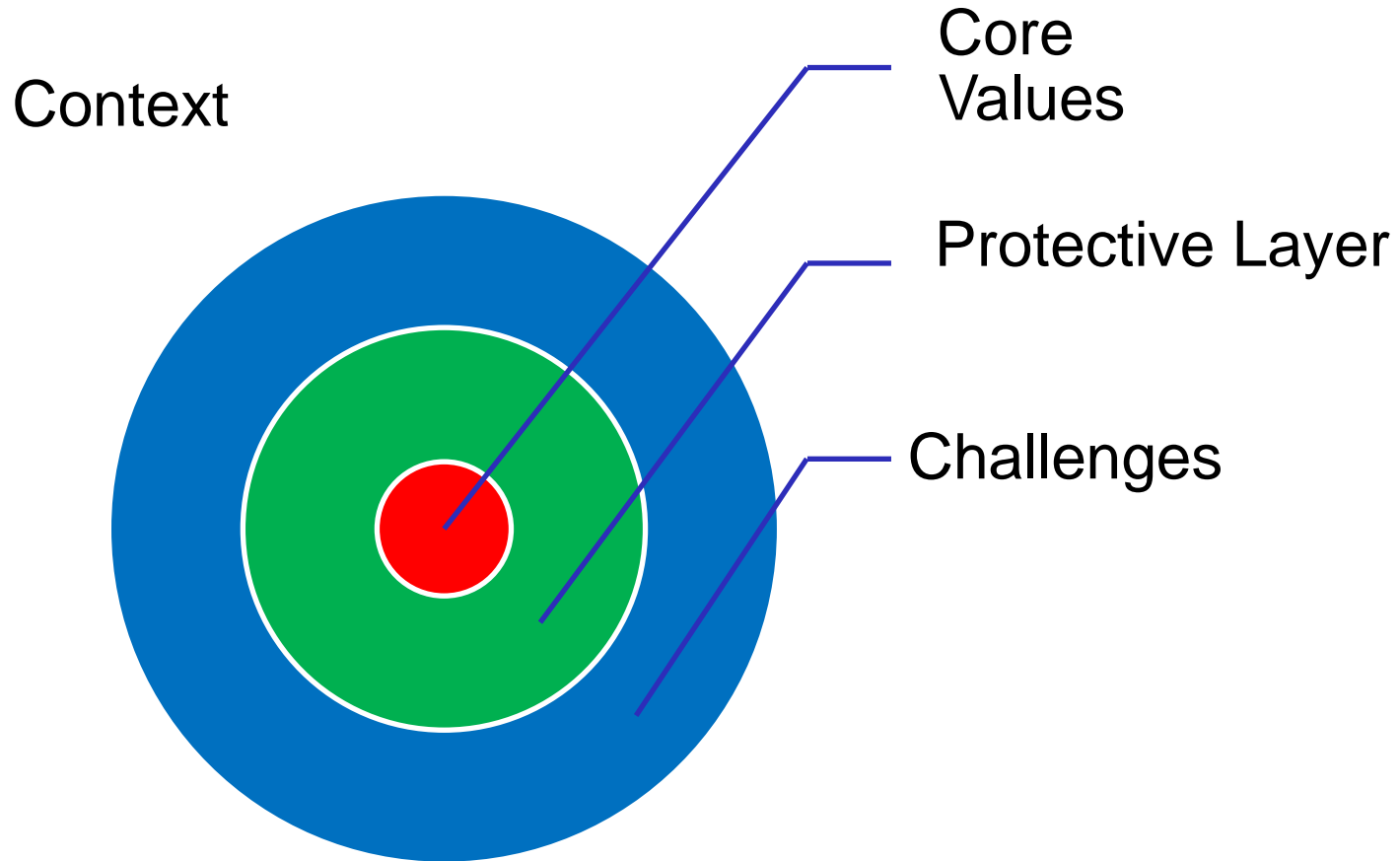
What is emotional wellbeing?



Why a wellbeing approach?

- Alternative to deficit model
- Focus on positives and assets
- Recognise innate human social and emotional needs

Protecting ourselves from challenge



Activity 1

One Minute Masterpieces

- Working in pairs with someone you don't know, sit facing each other.
- Each partner needs a piece of paper, a pen and something to lean on.
- You have 1 minute to draw a picture of each other.
- **YOU ARE NOT ALLOWED TO LOOK AT THE PAPER AS YOU DRAW YOUR PARTNER!**
- Sign your masterpiece and gift it to your partner.

5 Ways to Wellbeing



Take
Notice



Be
Active



Learn



Connect

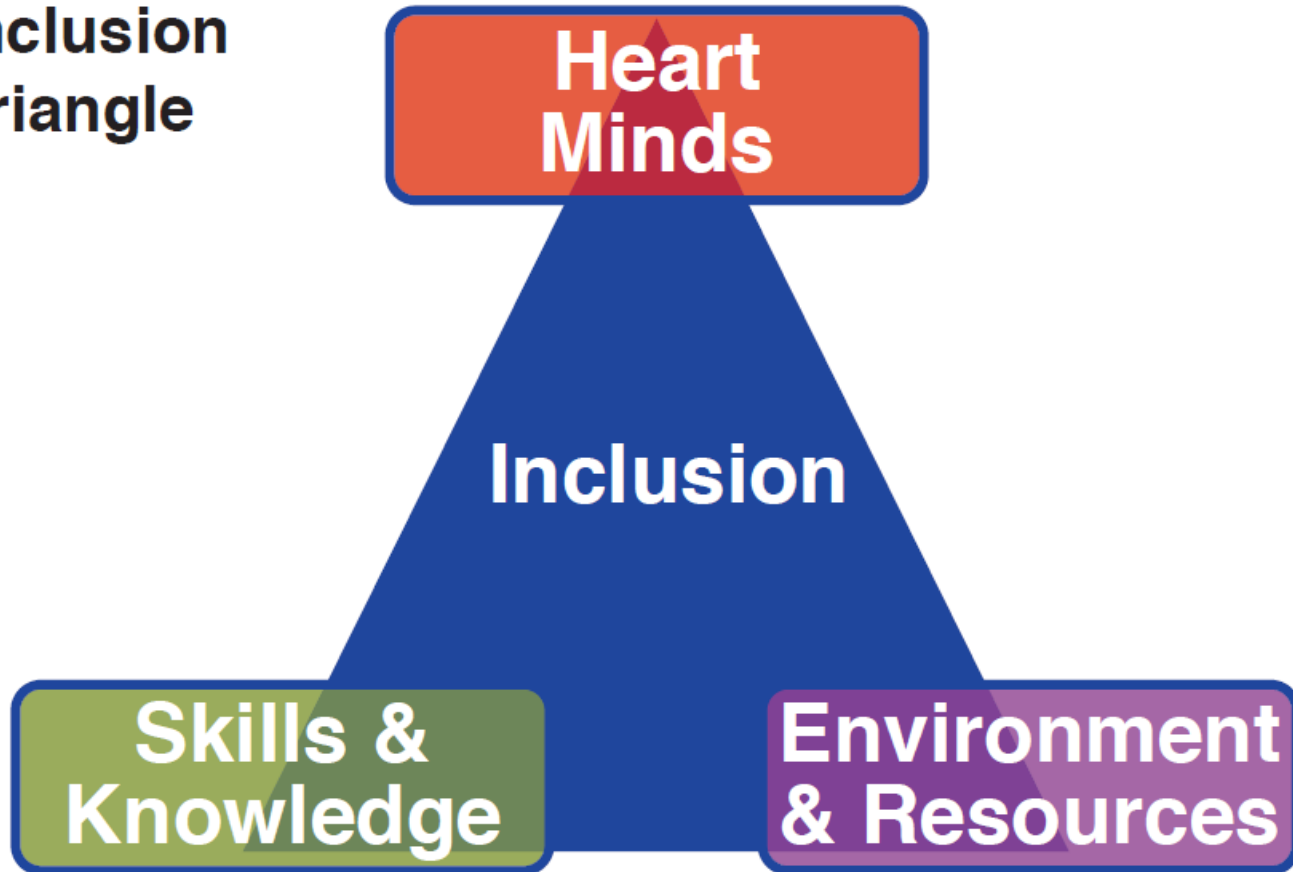


Give
Back



Recap

**Inclusion
Triangle**



◆ gratitude journal ◆

morning gratitude

before you begin your day, list 10 things you're grateful for

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

what I'm learning from my challenges

list three obstacles and what you're learning from them

1.

what I'm learning:

2.

what I'm learning:

3.

what I'm learning:

people I'm grateful for

list 5 people who made your life a little happier today. these could be friends, family or strangers!

- 1.
- 2.
- 3.
- 4.
- 5.

the best part of my day

choose one moment of your day that made you happy and focus on it for 5 minutes before bed

