

National Centre for Guidance in Education

Self Care for The Guidance Counsellor
20th October 2020



Lárionad Náisiúnta um Threoir san Oideachas
National Centre for Guidance in Education



An Roinn Oideachais
agus Scileanna
Department of
Education and Skills

Self Care for the Guidance Counsellor: Health and Happiness by Shane Martin.

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WHAT MATTERS?

HEALTH

HAPPINESS

Happiness is not a destination

The reality of unhappiness

Happiness fluctuates

Some people find it easier to be happier

- Happiness is a project

Being happier more often

A high average score during
our lifetimes

What we know

- Happier people tend to be healthier

Happier children learn better

Happier employees are more productive

Happiness pays

Some definitions

Happiness is a mental or emotional state of well-being which can be **defined** by, among others, positive or pleasant emotions ranging from contentment to intense joy.

Some definitions

Many use the term interchangeably with “**subjective well-being**,” which they measure by simply asking people to report how satisfied they feel with their own lives and how much positive and negative emotion they’re experiencing

”The experience of joy, contentment, or positive well-being, combined with a sense that one’s life is good, meaningful, and worthwhile.”

Some tips

for a

happier and healthier life

1. Are you here?

**2. Be
openminded
(rational)**

3. Be open-hearted

**4. Cultivate a sense
of gratitude**

**5. Be daring and
fun-loving**

**6. Be and stay
social**

- **Psychologists have shown that social ties and increased contact with family and friends are associated with a lower risk of illness**
- **What's more, a 2010 meta-analysis of 148 studies showed that social connection doesn't just help us survive health problems but the lack of it causes them**

(Williams, 2011)

**7. Be prayerful /
spiritual**

- **Religious practices foster well being**
- **Public religious participation**
- **Religious coping**
- **Antidote to fear**

- **Be still**

- **Spiritual connection**

- **Provides meaning**

Web: www.moodwatchers.com

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Moodwatchers is on Facebook

Moodwatchers blog



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Remember.....

- There should be a **Whole School Approach** (to Guidance and Student Support) in contemporary post-primary schools. There are many key staff members involved in and responsible for supporting student wellbeing – **you are not alone in this task.**
- Local school **policy** will support and protect you.
- **School management** are there to support you and keep you safe – keep the lines of communication open and in regular use!
- You have five Department paid **supervision sessions** per year: link in with your colleagues for support.
- It might be mutually beneficial to **link with some Guidance Counsellors in schools the local area** – reach out to your neighbouring Guidance Counsellors and find time to link in.

If you need support....

- **NCGE** can provide support by email/phone
- **Department Employee Assistance Service Freephone Helpline 1800 411 057 or text 'Hi' to 087 369 0010 to avail of EAS support on SMS & WhatsApp**
- Employee assistance scheme **Spectrum Life**
<https://www.gov.ie/en/publication/6ddc2-employee-assistance-and-wellbeing-programme-covid-19-response-plan-for-safe-reopening-of-schools/>
- Access the Wellbeing Webinar Calendar via the online portal at:
<https://wellbeingtogether.spectrum.life/personal/my-company>