



## 2022 TERM 2

Some years ago, I conducted half-day workshops attended by teachers who were semi-retired from teaching due to stress for the Victorian Department of Education. I also presented blended learning courses for the Bastow Institute of Educational Leadership for groups of school principals and deputies on principles of a high-performance mindset at work. I have continued my research on the issue of teacher and principal stress and coached, led professional development workshops in the area and authored the book, *Taking the Stress Out of Teaching*. Today, I want to share with you a few things that I have learnt that you may find helpful about developing further your psychological capability (sometimes called mindset) to manage stress.

**Michael E. Bernard, PhD**  
Professor, University of Melbourne  
Emeritus Professor, California State University  
Founder, YCDI! Education

### Taking the Stress Out of Work

There are two standouts that teachers and principals takeaway from my work on stress management. Also available in our online program [Stress Management for Teachers and Principals: A Professional Development Program](#).

#### TAKEAWAY 1. “THINKING MAKES IT SO.”

We now understand that a significant influence over the extent to which you are emotionally calm and regulating when faced with stressful situations at school is your thinking.

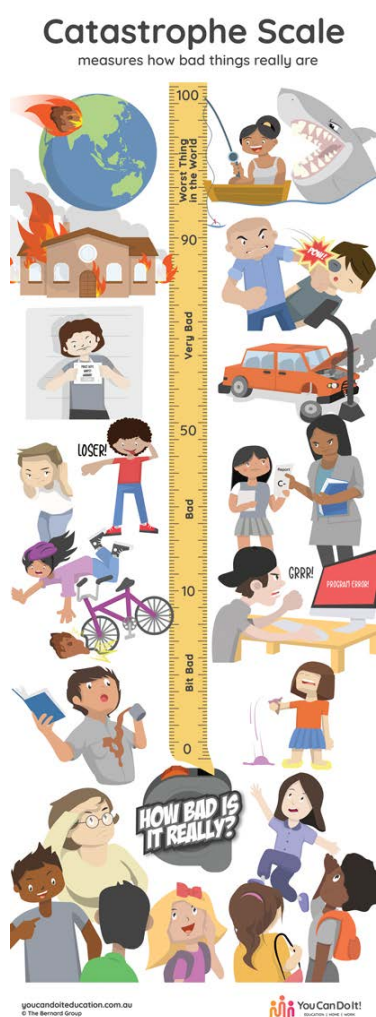
Take, for example, being faced with a student who swears. You can see from the accompanying diagram that one significant factor that determines how upset you can become in the face of swearing is the way you think about the student’s behaviour.

	Happening	Thinking	Feeling	Behaviour
student swears	Teacher/ Principal A	I should have been successful with this student. Others will judge me badly.	extremely down	withdrawal
		This is awful. I can't stand it.		
I am hopeless.				
student swears	Teacher/ Principal B	I prefer to be successful and have my work approved of by others.	disappointed	constructive action
		When I am not, it's bad, but not the end of the world. I can cope.		
		I'll try to figure out if there is anything I can do.		

So, the key point here is to become aware of your thinking that creates emotional havoc and *restructure* your thinking to a calmer form – YOU have the power to do so. This change involves eliminating as much as possible the tendency to take things personally and, instead, being self-accepting.

## Self-Acceptance: The Foundation of Mental Health and Wellbeing

### TAKEAWAY 2. CATASTROPHISING



The second important idea that many of the 10,000+ educators I have presented to over the years is the **Catastrophe Scale**. This scale helps combat our tendency to blow the degree of badness of a situation out of proportion. We use particular words and phrases when we catastrophise about stressful events, such as: “*This is terrible.*” “*This is horrible.*” “*This is the worst.*” This way of thinking, sometimes called *awfulising*, jacks up our emotional, stress temperatures.

We use these words and phrases not only when referring to catastrophic events such as war, terrorism or natural disasters but also events that are bad but not catastrophic - when a colleague is critical, students misbehave, dealing with a very negative parent or an overwhelming workload.

We have learned that when people of any age become extremely emotional about bad but not catastrophic events, it is because they have convinced themselves the event is the worst thing that could happen to them.

So, a second key point that will almost guarantee you to have less job stress is to replace catastrophising and awfulising about stressful events at work with less extreme and more moderate self-talk:

**“This is bad, but it is not the end of the world. I don’t like this, but I CAN cope.”**

## Stress Management for Teachers and Principals: A Professional Development Program

## Professional Development

### FREE WEBINAR



## Taking the Stress Out of Teaching

International authority on stress management in schools, Michael Bernard, shares advice for how to enjoy your work

THURSDAY 26 MAY 2022, 4 - 5 PM (AEST)

May webinar registrants who order before June 30th receive a 25% discount off the whole school/organisation enrolment to our professional development elearning program, [The Resilient Educator](#).

REGISTER NOW

Featuring Becky Black PhD, from the Centre for Wellbeing Science, University of Melbourne, who will discuss 'sensation sensitivity' and how it relates to the experience and management of stress.

Becky specialises in an area of research called 'sensation sensitivity', also referred to as 'highly sensitive people'. Many very talented, caring and committed teachers and people found in other occupations and professional groups may well be 'highly sensitive people' who are more stress-prone than those less sensitive to events.

Topics covered:

- Disruptive classrooms and stress management
- Working with individuals and groups of stressed teachers
- Research on attitudes that create extra stress and can lead to early retirement
- A practical way to de-stress your school
- Coaching a stressed teacher – a successful case study!

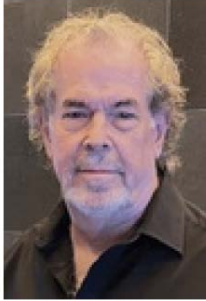
## YCDI! 2018 RESOURCE PRICES TO STAY FOR 2022

After careful consideration of the current challenges many schools face, we have decided to keep our pricing first set in 2018 to the end of this year.

This means that any licence renewals paid this year will still be at these prices. New pricing will take

- Why ongoing professional development is key

effect from 1  
January 2023.



**Michael E Bernard** is the Founder of You Can Do It! Education and a Professor at the Melbourne Graduate School of Education, University of Melbourne. Michael has coached and consulted with teachers, mental health practitioners, principals and parents and counselled hundreds of school-age children.

**REGISTER NOW**



Join Michael Bernard at this year's **2022 Positive Schools Conference**. As an international thought leader in this area, Michael has been invited to present the keynote: *Self-Acceptance. How to Help Young People Feel Worthwhile No Matter What.*

**Have questions? Get in touch**  
**Click the button below to send us an email**

**I HAVE A QUESTION**



[youcandoiteducation.com.au](http://youcandoiteducation.com.au)

+61 3 9654 9982 | Toll Free 1800 155 603

[enquiries@youcandoiteducation.com.au](mailto:enquiries@youcandoiteducation.com.au)

Copyright © 2022 You Can Do It! Education, All rights reserved.

Want to change how you receive these emails?  
You can [update your preferences](#) or [unsubscribe from this list](#).