

STAYING GROUNDED WHILE LOOKING FORWARD

A MENTAL HYGIENE MODEL FOR FACULTY AND EDUCATORS

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Mental Hygiene: Proactive, Preemptive, Protective

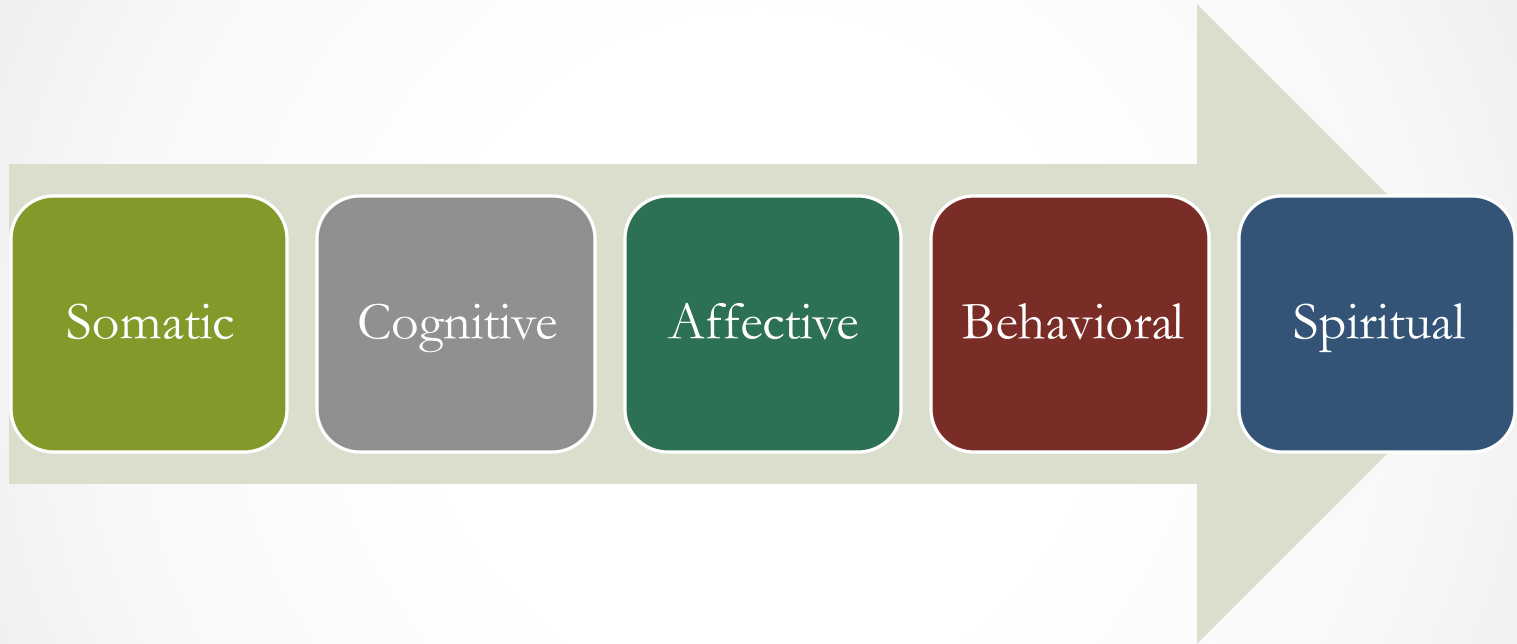
- Stress, Distress and De-stress
- Foundations:
 - Routines
 - Schedule
 - Structure



Avos 5:18

NORMAL
REACTIONS:
ADAPTATION
AND
ADJUSTMENT

THE
S.C.A.B.S.



TEACHER STRESSES

External Realities:

- Changes to set up and schedule
- Social environmental changes
- Health care concerns
- Losses
- Lost momentum, motivation and academic attainment

TEACHER STRESSES (2)

External Realities:

- Social distancing and masks
- Tuition and funding: economic strain on parents
- Virtual vs. actual teaching formats
- Health concerns are still rampant
- Health concerns are improving
- Health concerns are ignored

Effects of Stress



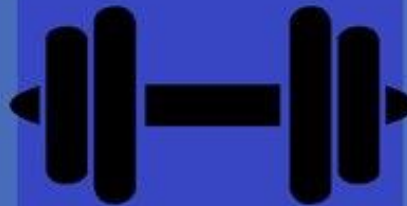
Physical Effects

Headaches
Muscle Tension
Chest Pain
Fatigue
Upset Stomach
Sleep Issues



Mental Effects

Anxiety
Restlessness
Lack of Motivation
Lack of Focus
Anger
Depression



Behavior Effects

Tobacco Use
Overeating
Drug Use
Social Withdrawal
Physical Outbursts
Less Exercise

IMPACT ON FACULTY

- Faculty and Educators
 - Normal emotional and psychological reactions
 - May be dealing with their own losses
 - Teacher's own family and children
 - Balance: nurturing students vs. academics
 - Managing student's restlessness, grief, fear and tension
 - Facing parent concerns, student needs
 - Changing policies and institutional needs
 - Enforcing COVID standards

MENTAL HYGIENE TOOLS

COPING WITH PERSONAL AND
PROFESSIONAL PRESSURES

TOOLS FOR ADDRESSING STRESS AND DISTRESS

- Practice Self Compassion
 - Know your struggles – create a plan
 - You can't make everyone happy
 - You can calm your mind
- Access your resources for support
 - Spousal time/family time/friends
- Know the burn-out symptoms!
 - Irritability, worry, fear, sadness, withdrawal, moodiness,
 - Doubting your own competence
 - Make use of mental health professionals

*ASEH LECHA
CHAVER:
A CONFIDANTE*



PROCESS

MONOLOGUE, DIALOGUE, CATHARSIS,
VALIDATION, NORMALIZATION

Tools for Addressing Stress and Distress



Make mindfulness meaningful



Media raises worry and stress

Decrease time talking about stresses

Take a break from worry, focus on better times



Exercise



Sleep. Wake. Hydrate. Eat. Breathe.



Turn to faith

SELF-
MONITORING
AND
SELF-CARE

- 4x
- #10
- Self-Scan

TOOLS FOR ADDRESSING STRESS AND DISTRESS

- Express gratitude
 - Sharing positive feelings improves your sense of connectedness
- Let yourself be creative
 - Find creative means of self-expression
- Avoid sarcasm, ridicule, tantrums.
 - Share emotions with a good and supportive listener



**Everyone needs help
sometimes**

“ha’kol tzrichim si’yua”

ROLE
MODELING
FOR
FAMILY
AND
STUDENTS

- Stabilizing Source
- Compassion Source
- Spiritual Source

Contact Information

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