Anxiety and Resilience

"The role of anxiety in the development of human personality is central, and it is intricate beyond our understanding." Timothy Leary

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Anxiety and Resilience Parent Workshops:
Tuesday 7th June: 9.15am
Tuesday 7th June: 7.30pm

In person, at OGPS. All welcome. Bookings essential- click this link to book

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Dear Families,

In a few weeks, I'm presenting at the Victorian Principals Conference in Melbourne about our wellbeing program at OGPS. I'll be talking about our journey with social and emotional learning and my role as the Mental Health and Wellbeing Coordinator. I feel prepared and confident about what I will be talking about, but when I stop and think about my audience, I can sometimes feel some butterflies in my stomach. I think it's a mix of nerves and excitement.

Anxiety is an important emotion to help us grow and develop. Experiencing anxiety could be telling us that we need to get better at failing. It could be an emotion that lets us know that we need to take more risks and face some challenges. The more we fail at things, the better we can be at getting out of our comfort zones and this may help us to naturally develop our resilience.

Here are a few ideas that you could do at home to develop resilience:
- Name something bad that happened to you in your past and then say something good that happened from of it or something that you learnt.
- What have you learned in your life by taking risks and making mistakes?
- Play a board game or card game together. When finished, talk about how it felt to win or how losing made you feel.
- Go on a long walk together where you are all pushed out of your comfort zones.
- When you are feeling a little unhappy or a bit down, sit around and tell each other jokes or talk about funny things that have happened to you. What do you notice?

"Persistence and resilience only come from having been given the chance to work through difficult problems." Gever Tulley.

Have a great week everyone.

Andy McNeilly
Mental Health and Wellbeing Coordinator