



Beyond Story

THE MASTERY OF NEW LEADERSHIP

- High-level overview on each mental wellness strategies and tools
- Highlight the potential challenges for students when implementing the strategies and tools
- Effective strategies to support students when implementing the strategies and tools
- Understand the signs to help identify when the students are struggling
- How to have effective mental-health related conversation

TOPICS

Student Session content

Webinar 1: Ways to support yourself: Build your psychological fitness and reconnect with yourself in time of rapid changes

- Reconnect with your strengths and ways to leverage them to help self and others during this time of uncertainty
- Discover ways to gain clarity of your purpose during this time of disturbance
- Learn approaches to reframe your current situations and maintain a healthy and productive mind
- Explore strategies and tools to manage unhelpful thoughts and master unpleasant feelings
- Discover ways to stay grounded, access calmness and serenity
- Re-imagine what is possible for your future

Webinar 2: Connecting during times of Disconnection: Ways to connect with and support each other

- Understand how to create meaning in your relationships and ways to cultivate those aspects during this time of remoteness
- Understand the type of relationships that can nurture you at this time
- Learn to ask the right questions to understand their needs and the way they wanted to be understood/ helped.
- Learn to set healthy boundaries and express your needs

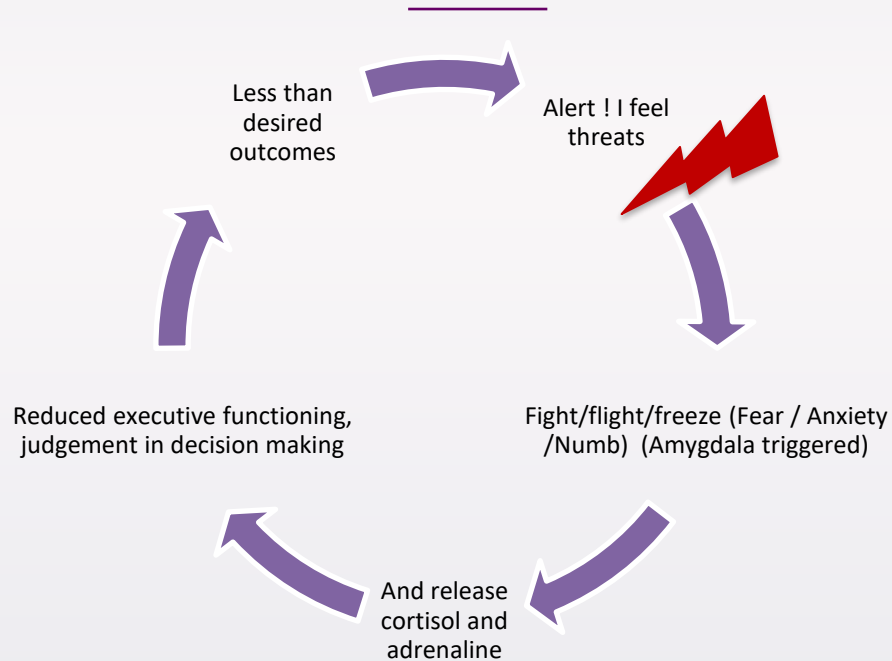
WEBINAR 1: Ways to support yourself: build your psychological fitness and reconnect with yourself in time of rapid changes



What is stress, anxiety and Other common emotions
What are the causes?



Meanwhile, in your mind and body....





Take Proactive steps towards optimal wellbeing



3 Areas
4 Strategies
5 Toolkits



1 Take notice

Toolkit #1 Take notice: Practice mindfulness
Toolkit #2 Reframe and Accept the thoughts

2 Build positive connections

Toolkit#3 Practice Emotional Intelligence
(webinar 2)

3 Keep growing

Toolkit #4: Practice imagining what's
possible in the future

4 Be active Toolkit #5: Take a dose of mood booster regularly

Take Notice

Goal: Calm the strong feeling and sensations so you can gain back control to engage clear thinking

Ultimate goal: To break the cycle quicker, return to feel ok, gain back cognitive freedom so you can be more efficient in creating more space between stimuli and response



Break the cycle



Pause



Back to the basic



Bring your focus to NOW

Take notice

Goal: Engage with your analytical mind and shift your mindset

Key focus:

- to raise awareness what you need to get 'unhook',
- Accept your thoughts and situations



How did you get hooked? Recognise your thinking and feeling patterns*



Reframe*



Acceptance*

Keep growing and be active

Goal:

Activate a growth mindset and **cultivate** positivity and intentional creativity to keep you engage with purposeful life, **access** intrinsic joy and satisfaction.

Interested in pushing the limit of what can be achieved in the 24-hour window

Key focus:

1. Reinvent yourself
2. Focus on future possibilities
3. Positive & growth mindset



Conscious creation /learn something new – Habits, rituals, e-courses



Engage with mood booster, cultivate and strengthen a positive mindset



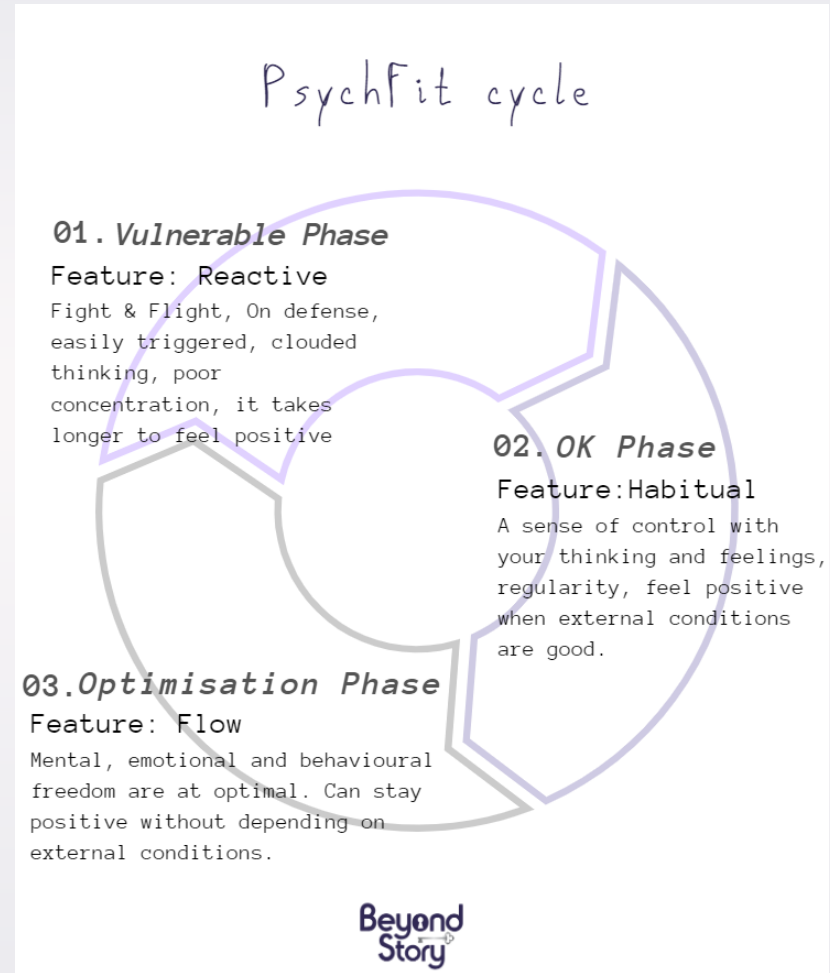
Imagine your new world
Engaged with your future dreams

Potential challenges

- Lack of motivation
- Focus on survival needs rather than mental and emotional wellbeing
- Need a community to 'do these activities together'

Your psychological fitness cycle

- Each stage has its own function, no good or bad, even in the vulnerable phrase
- It's a cycle not a linear process
- Process – 'exercise' to improve
- How fit are you? 2 check points:
 - How efficient you move through the stage
 - How long you can stay in optimisation phrase



GOALS

Think about all the toolkits.
Which one will you intentionally
practice today?
When will you use it?
Think about your top 5
strengths? How are you going to
use them today?

Reflect

At the end of the day, think about how
it went.

- Did you use the toolkit/ strength?
How many times?
- How did it feel when you used it?
- Did it make a difference or change
outcomes for you? How?

Your wellbeing action plan



DO

Make your plan happen!
Create a visual reminder (a
post-it note) to remember
to do it /use that strength!
Keep track and check it off
as you go!

BE PROUD
SHARE
KEEP GOING
PAY IT
FORWARD.

Reflections - breakout room

Feedback for Webinar One

- What would work well for your students?
- Any potential challenges you foresee?

WEBINAR 2: Connecting during times of disconnection: ways to connect with and support each other

Access your inner strengths

Poll: Your VIA strengths

What is your top strength?

Remember your top strengths are ones that feel energizing, effortless, and easy to use



Examples of leveraging your strengths to boost your mental health and collect with others

- Start a group of your neighbours on one of the social media platforms to ask how can you help? (kindness, teamwork)
- If you don't feel like it, don't follow what most others are doing, but also empathize with them and don't criticize (open-mindedness)
- Pay attention to and make a list of small things which improve your day (prudence, humility)
- Start an online repository where your friends (and their friends) can share their skills and resources for those who needed most (teamwork)
- Reflect and list things you are grateful for, despite challenging circumstances. Share your gratitude with your loved one, especially if it relates to them (gratitude, social intelligence)
- Do something for at least 10 minutes daily which deepens your connection with nature, such as walking, gardening, recycling, listening to birds (appreciation of beauty)

Reflections (Type it in the chatbox)

About the quality of your relationship



Who do you turn to for a chat when you need it?



What qualities you appreciate in this person? (e.g. a great listener vs practical advice)



What qualities you appreciate in this relationship? (e.g. we have lots of laugh together, we have lots of deep conversations, I learn about from this friend every time we met, we have lots of adventures together!)

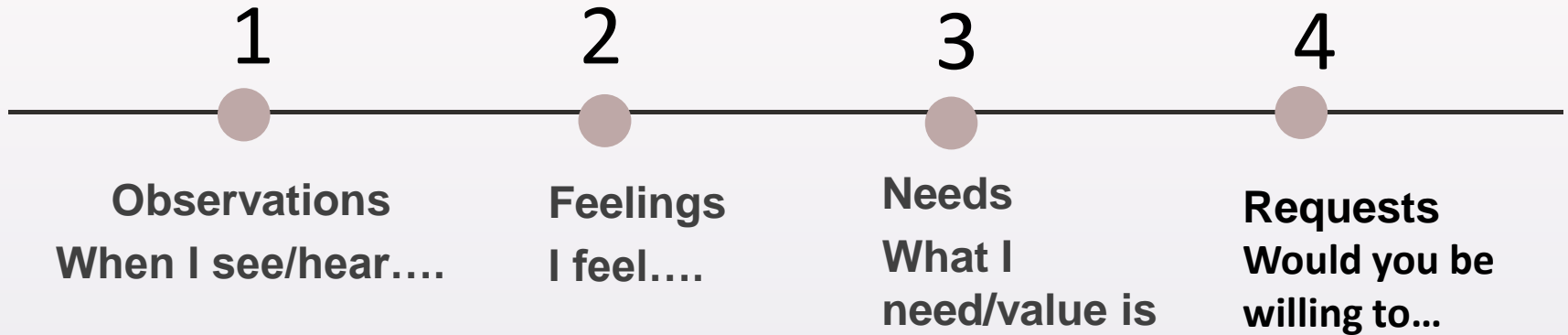
5 key ingredients of a healthy and strong relationship

- 01.** *Speak your mind, feel being understood*
All parties feel safe and secure to speak the mind, express your feelings and personal truth, in particularly during disagreement or conflict.
- 02.** *Feel appreciated*
Ability to recognize and engage with each other's unique qualities, show admiration and respect.
- 03.** *your needs are heard*
Ability to be aware and express your own needs and desires in a non-intimidating way, knowing the other person have their own needs and desires too.
- 04.** *Genuine curiosity*
Cultivate a beginner's mind, no matter how familiar or how much you think you know someone, show genuine curiosity to each other's changes and growth.
- 05.** *Share Meaningful Experience*
Ability to create and share meaningful experience together including lesson learnt from challenging situations.

Discover the languages of appreciation

1. Words of affirmation
2. Acts of Service
3. Quality time
4. Gift
5. Physical touch

Steps to express your needs without blaming



Challenges and your support

Potential challenges

- Not a quick fix
- Questions focus on immediate needs 'Should I move as I have a conflict with my housemates about racism'

Strategies to resolve

- Safety is no. 1
- Remind them this needs practice
- Know your support resources

Reflections - breakout room

Feedback for Webinar two

- What would work well for your students?
- Any potential challenges you foresee?



Signs and approach



THE SIGNS TO HELP IDENTIFY WHEN A STUDENT IS STRUGGLING

01 More unusual

02 Inconsistency

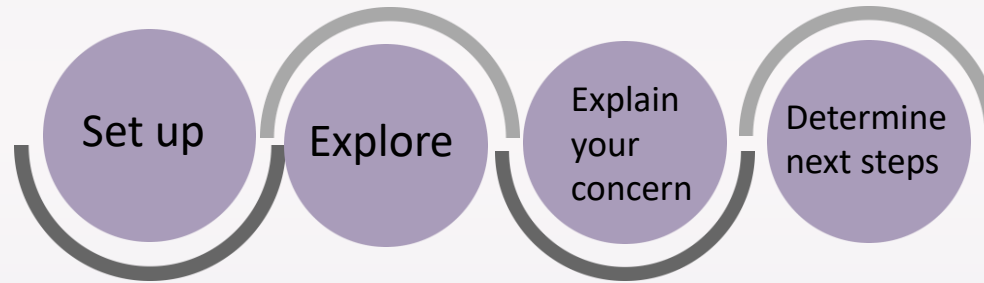
03 Not what they say (do), but how they say (do)

04 Be aware of cultural differences –e.g. Chinese are likely to express psychological distress as physical complaints

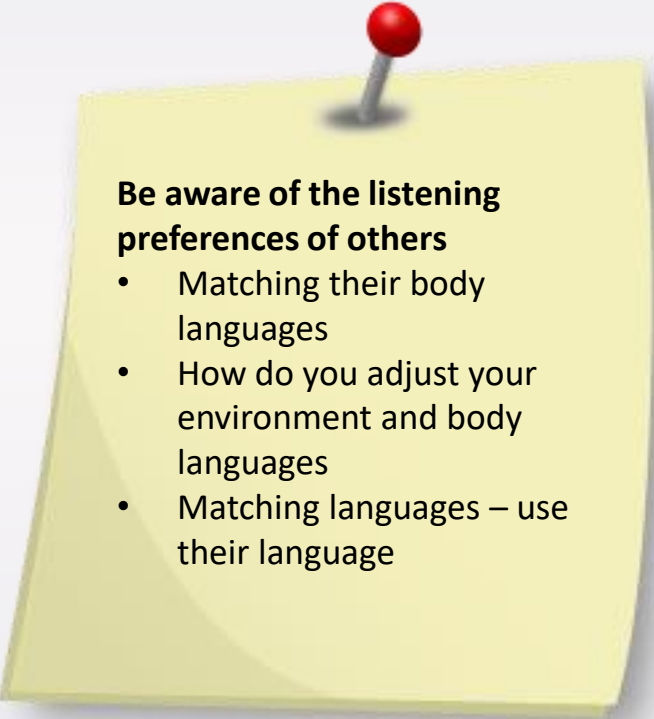
05 Be aware of social stigma, shame, and saving face often prevent Chinese to seek help

APPROACH

- Ask open-ended questions
- What type of support they need?
How do they like that support
- How they perceive you in their world with that support lens on?
- Timeline
- Goal

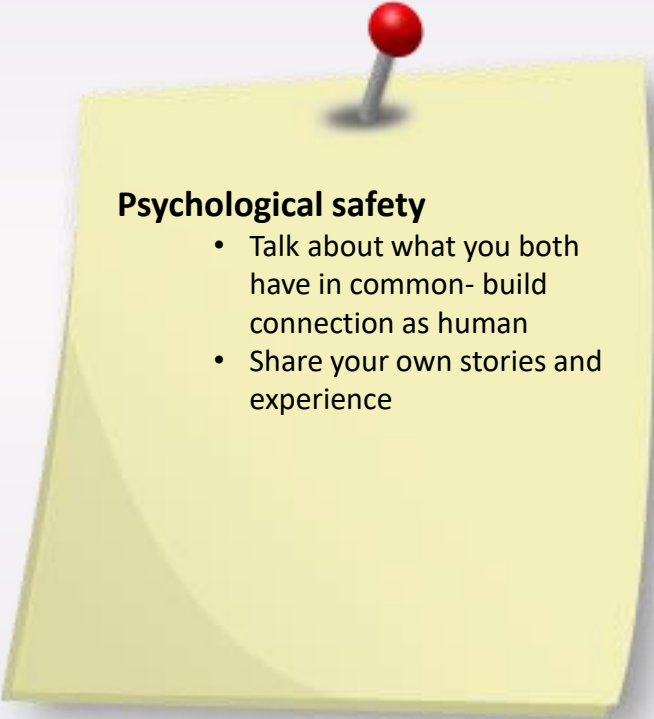


- Build trust, create a safe environment
- Explain confidentiality
- Share what you have notice
- Your intention in the conversation
- Your role in the conversation
- You don't need to have all the solution, be a great listener
- Reinforce what they can control what they can't



Be aware of the listening preferences of others

- Matching their body languages
- How do you adjust your environment and body languages
- Matching languages – use their language



Psychological safety

- Talk about what you both have in common- build connection as human
- Share your own stories and experience

Practice - breakout room

In pairs,

- A person becomes a student who is experiencing mental health challenge
- Another person be yourself
- Have an effective conversation to identify the student needs and appropriate support to the student.

YOUR BOUNDARY

1

You are the first- responder, not the doctor/ psychologist

2

Showing that you care is more important than having ALL the answers

3

Know your referral sources for next-level care (Coaching/EAP)



Having a support conversation imperfectly is better than not having it at all



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