

# Resilience and Wellbeing: What works for you?

## Tip Sheet 1: Individual Strategies



This tip sheet is designed to be used with the associated video, 'Strategies to support resilience and wellbeing for individuals', which can be accessed at: [Supporting early childhood educator mental health and wellbeing](#)

In October 2021, research was undertaken by Early Childhood Australia (ECA) on behalf of the Department of Education and Training to explore factors that support resilience and wellbeing in the Victorian early childhood education and care (ECEC) sector.

This tip sheet outlines ideas and strategies that educators shared as part of the research to help individuals build their wellbeing and resilience at home and at work.

### TAKE NOTICE

A first step in building your wellbeing and resilience is to take notice. Take a moment to consider how you are feeling. This will allow you to recognise your needs so you can then respond to them.

[Be You](#) uses a tool called the Mental Health Continuum, which you might find helpful to take notice of how you're feeling.



Being aware is about knowing the activities and contexts that help build your wellbeing and knowing those that deplete you. These activities and contexts will be different for everyone, so knowing what supports and challenges you is important.

### STRATEGIES TO SUPPORT WELLBEING AT HOME

As part of ECA's research, educators shared a range of useful ways to support wellbeing in their personal lives. This included:

- **being in nature:** taking a walk, simply listening to the sounds of nature or walking on country
- **taking time to exercise:** from yoga to running, many participants found regular exercise essential
- **connecting with family and friends:** building and maintaining relationships and checking in with each other
- **mindfulness and gratitude:** engaging with positive psychology tools
- **sleep and rest:** prioritising getting to bed and making time for rest and sleep.

'For me, creative activities including crafts, art, gardening, cooking. Activities where you can achieve 'success', e.g., complete a difficult jigsaw puzzle.'



## REFLECTIVE PRACTICE QUESTIONS

- Which self-care strategies do you use to support your wellbeing at home?
- What strategies do you draw from to support your wellbeing at work?
- What ideas mentioned in the video resonate most with you?
- How do these differ from those strategies your colleagues already use?

## STRATEGIES TO SUPPORT WELLBEING AT WORK

As part of ECA's research, educators shared a range of useful ways to support wellbeing in their professional lives. This included:

- **rediscovering your sense of purpose:** focussing on the importance of ECEC and the impact and value of this work
- **maintaining a good work-life balance:** setting appropriate boundaries between work and the rest of life
- **connecting with peers and colleagues:** building a team within a workplace or across your community
- **celebrating small wins:** setting small, achievable goals, ticking things off a to-do list or talking with colleagues about an accomplishment
- **engaging in ongoing professional learning:** seeking out new information and building skills.

**'Understanding work-life balance, knowing when to say no.'**

**'It's all about the team. Not the team you're given, the team you build—at work, online, at events. You need to find your tribe... the space where you belong — it builds you up and keeps you going.'**

## FURTHER INFORMATION AND SUPPORT

To hear more about strategies that Victorian teachers and educators are using to improve their personal resilience and wellbeing, see [Strategies to support resilience and wellbeing for individuals](#).

For more information on positive psychology and mindfulness:

- revisit the wellbeing webinars and positive psychology resources on the [Supporting early childhood educator mental health and wellbeing webpage](#)
- visit [Smiling Mind](#).

Remember, there are a range of services and resources available to support your wellbeing:

- Call the Beyond Blue Support Service on 1300 22 4636
- Explore [Be You](#)
- Access your Employee Assistance Program (EAP), if available
- Speak with your General Practitioner (GP)
- Visit the Department's [Supporting early childhood educator mental health and wellbeing](#) webpage.

If you need an interpreter to help you speak with any of these services, you can call the Translating and Interpreting Service (TIS National) on 13 14 50.

