

MEMBER MENTAL HEALTH AND WELLNESS PODCAST RECOMMENDATIONS

WELL AT WORK PODCAST SERIES BY EDCAN

The Well at Work podcast is a conversation with Canadian K-12 educators and researchers about workplace mental health and well-being.

● **Who's taking care of YOU? featuring Lisa Baylis**

There's an enormous amount of pressure that's put on educators – both from the workplace and from their own inner critic. This comes at a cost as educators are really good at putting others first yet often don't look after their own well-being. Could self-care, mindfulness, and self-compassion be the answer?

● **Teaching and Learning from home with Dr. Jennifer Forristal**

COVID-19 has brought educators and their families together in the same space almost all day, every day. Homes are now living spaces, working spaces, and learning spaces, where educators are constantly switching between different tasks and wearing multiple hats. Dr. Jennifer Forristal, a school wellness specialist, discusses some of the challenges educators are currently facing and shares important strategies that they can use to look after their well-being as they work from home.

● **Positive Reframing: How to find the good in a stressful situation with Dr. Lisa Lucas**

When we experience a stressful situation, it can launch us into a spiral of negative thoughts and reactions, impacting our overall well-being. How then do we address this and focus on turning a problem into a solution? According to Dr. Lisa Lucas, the answer is simple, yet so powerful – reframing.

● **Why teacher self-care is not a thing with Patrice Palmer**

Stress and burnout led Patrice Palmer to leave the teaching profession after a 20 year-long career. Although she had attempted to return to part-time teaching, Patrice never regained her passion. Why does teacher self-sacrifice appear to be the norm rather than the exception? In this episode, Patrice Palmer explains why it's critical to avoid burning out in the first place and to find ways to practice self-care amid the demands of the teaching profession.

● **Self-Reg is Not Just For Kids with Marie Edwards**

Have you checked-in with yourself today? Self-regulation can't be effectively taught to students unless the adults teaching them how to self-regulate can do it for themselves first. As an educator, it's important to check-in with how you're feeling as you transition into work mode and into your classroom each day. That means identifying any personal stressors you might be experiencing – and knowing how best to cope.

● **Self-Care for New Educators with Dr. Lisa Lucas**

Teacher candidates are prepared to care for students in the classroom, but often they're less prepared to take care of themselves. Why does educator self-care matter in the workplace?

● **Are schools more stressful places to work? Featuring Dr. Susan Rodger**

Stress can be good – there's a healthy level at which we all need to have some stress to respond in appropriate ways. But when the stress gets so big that it overwhelms our ability to cope, then there's a problem.

