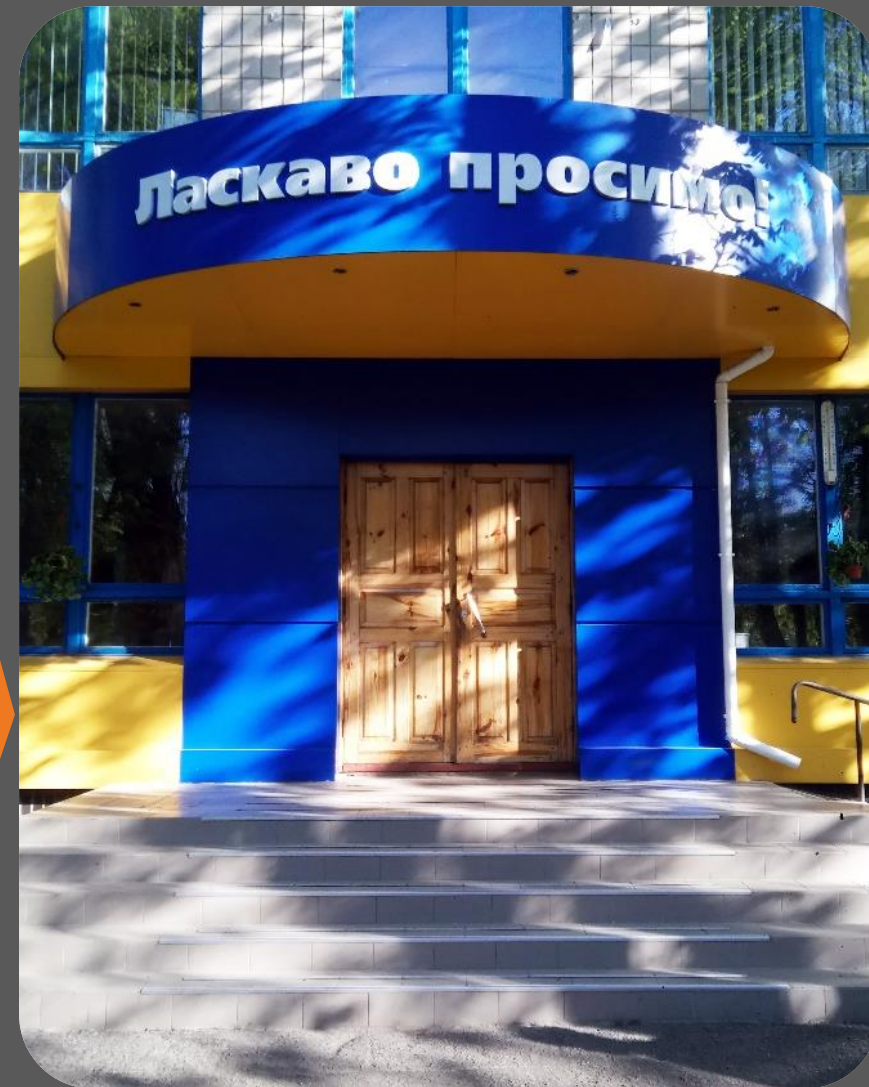




Pilot “With care for yourself and everyone” implementation results

**Regional Vocational and
Technical Education Centre No. 1
Kremenchuk city**



IT IS IMPORTANT TO SUPPORT MENTAL HEALTH OF EVERY PARTICIPANT OF THE EDUCATIONAL PROCESS

- ❑ Mental health of every participant of the educational process is one of the key objectives of the institution as well as of quality and safe teaching of children. It is important to us to create conditions for psychosocial support of all the educational process participants in need of our help.
- ❑ *The goal* is to help our staff overcome the war-related stress and consequences of traumatic experiences, to prevent development of mental disorders, and to involve as many work team members as possible.



OUR RESULTS

- ❑ Greater openness and frankness of the work team
- ❑ Opportunity of speaking out in a safe and friendly environment
- ❑ Stabilization of the psycho-emotional state
- ❑ Support for oneself and others
- ❑ Resource for work and routine actions

The project implementation is still underway, some employees were very grateful for support provided, some took advice and started approaching particular specialists, some began to do sports, some found time to realize their life intentions. Thanks to this pilot, our institution managed to open a gym for educational process participants.

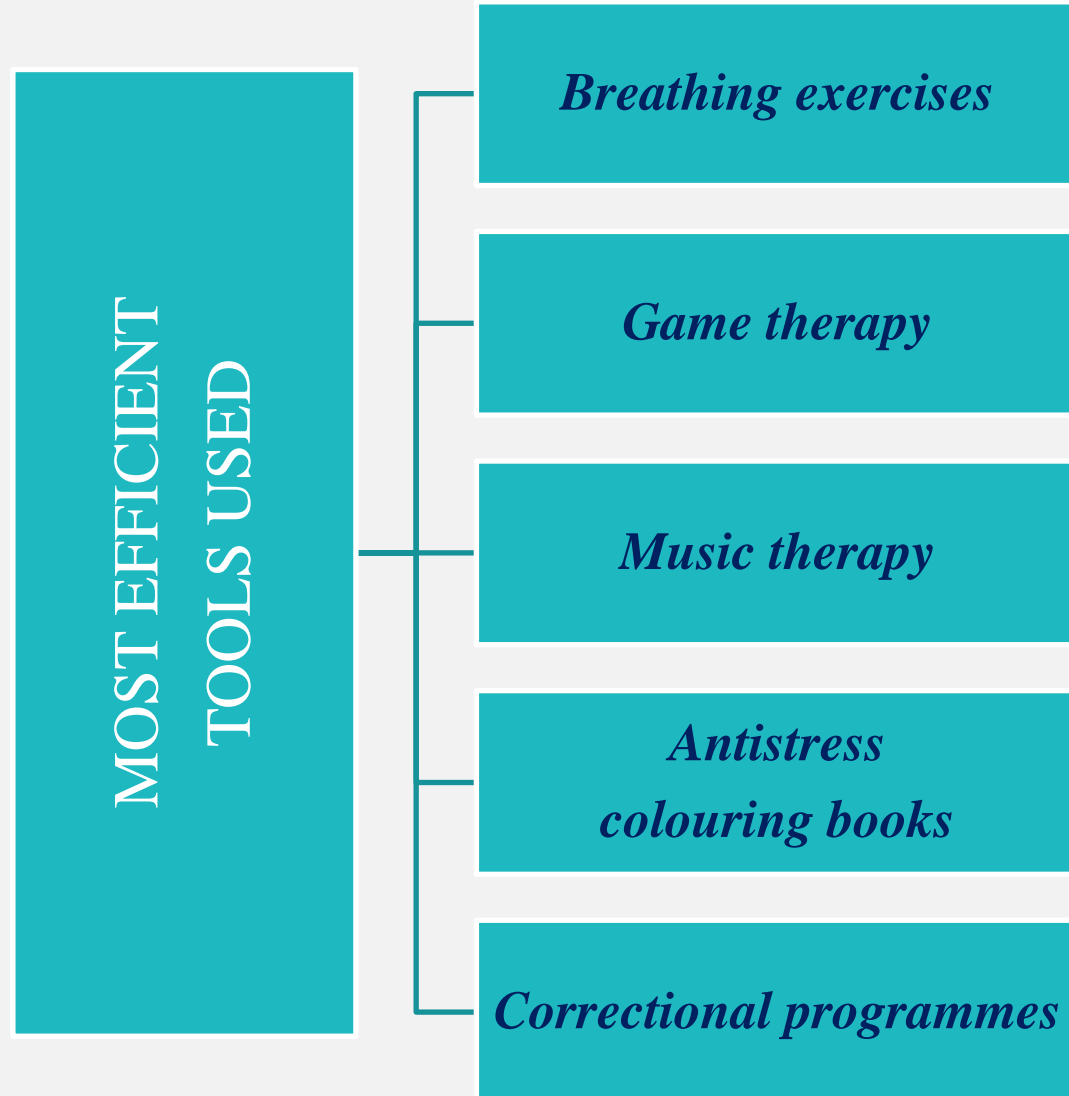
ACTIVITIES IMPLEMENTED

- ❑ Educational activities
- ❑ Workshops: “Mental health maintenance”, “Techniques for relieving mental stress of teaching staff”
- ❑ Communication hours: “Life is fine!”, “Types of conflict personalities”, “Learning to listen to each other”, “Conflict. Ways of overcoming conflict situations”
- ❑ Consultations
- ❑ Trainings: “Stress and its consequences”, “World of emotions”, “On life and life habits”, “Let yourself be happy”, “Prevention of stress disorders in teaching staff”, “Communication barriers”
- ❑ Helplines

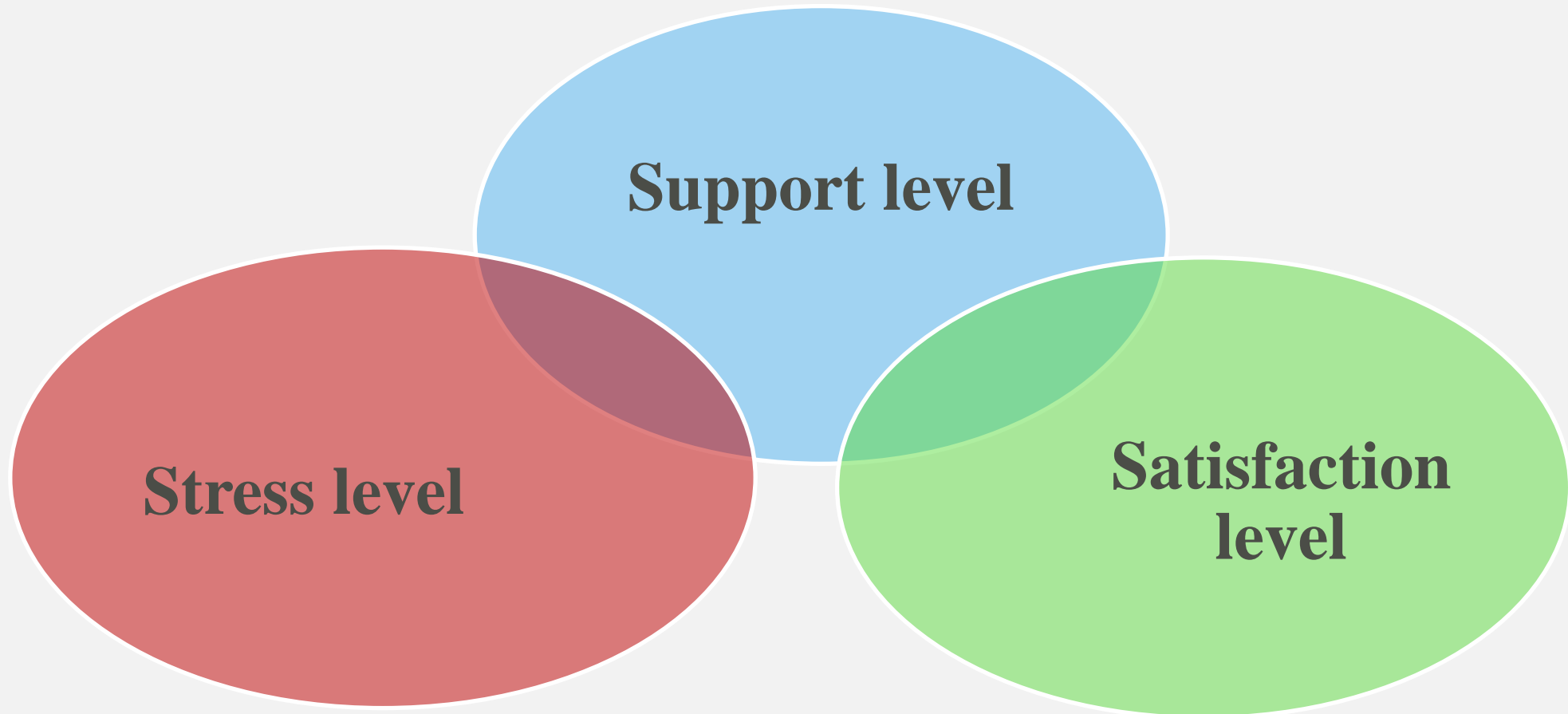
ACTIVITIES IMPLEMENTED

- ❑ Individual conversations
- ❑ Lessons with training elements: “Self-regulation methods”, “Addictions and ways of overcoming them”, “Stress and its specifics”, “Panic attacks: self-help methods”, “Preventing and overcoming the “professional burnout” syndrome”, “Models of behaviour in conflict”
- ❑ Quest “Psychology of survival”
- ❑ Conversations on: “Posttraumatic stress disorders in war context”, “How to combat overfatigue”, “How to cope with panic and anxiety”, “How to get rid of a feeling of guilt”, “Where to apply for psychological support”, “Aggression is the first step to violence”
- ❑ Psychological minutes

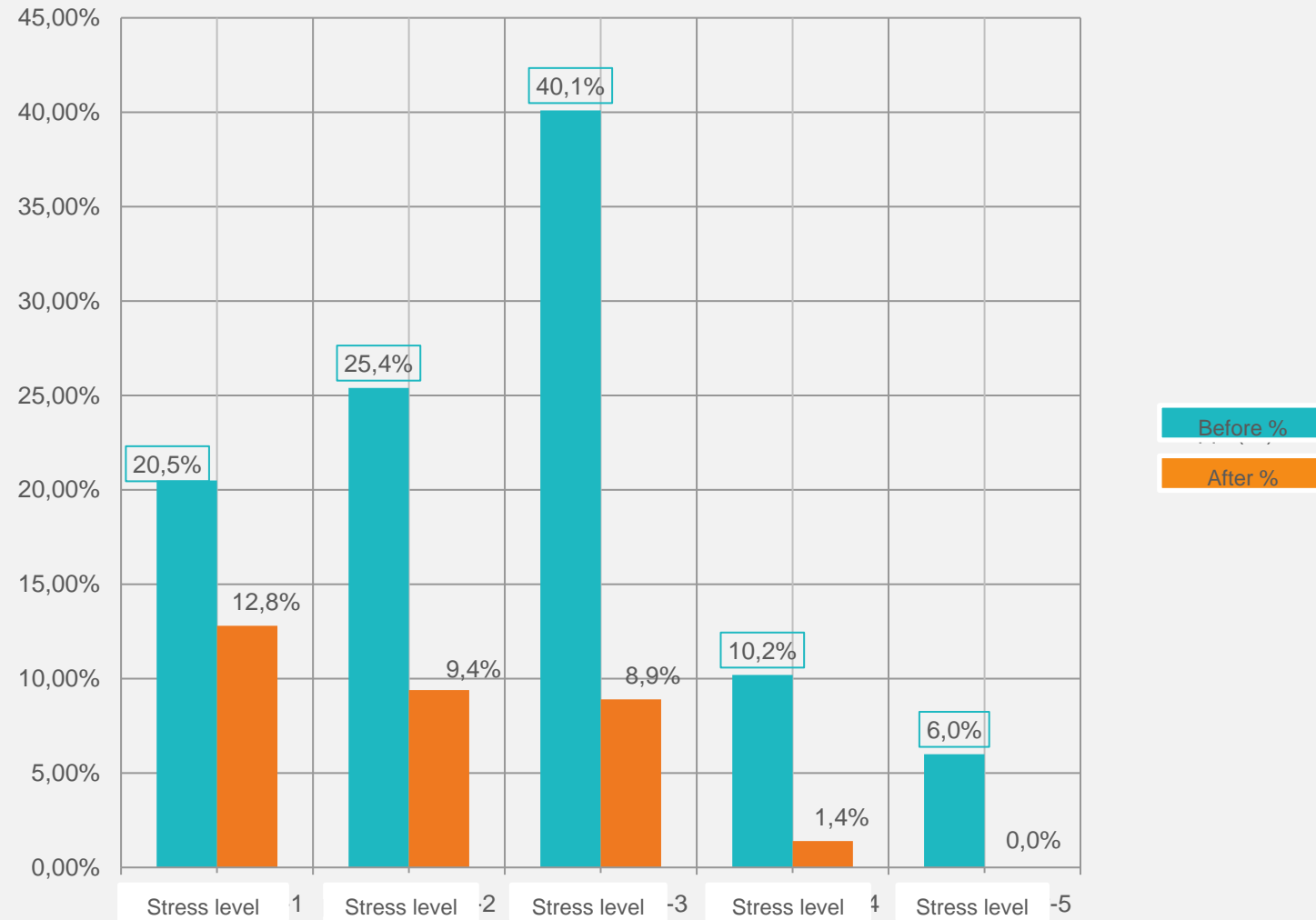
TOOLS



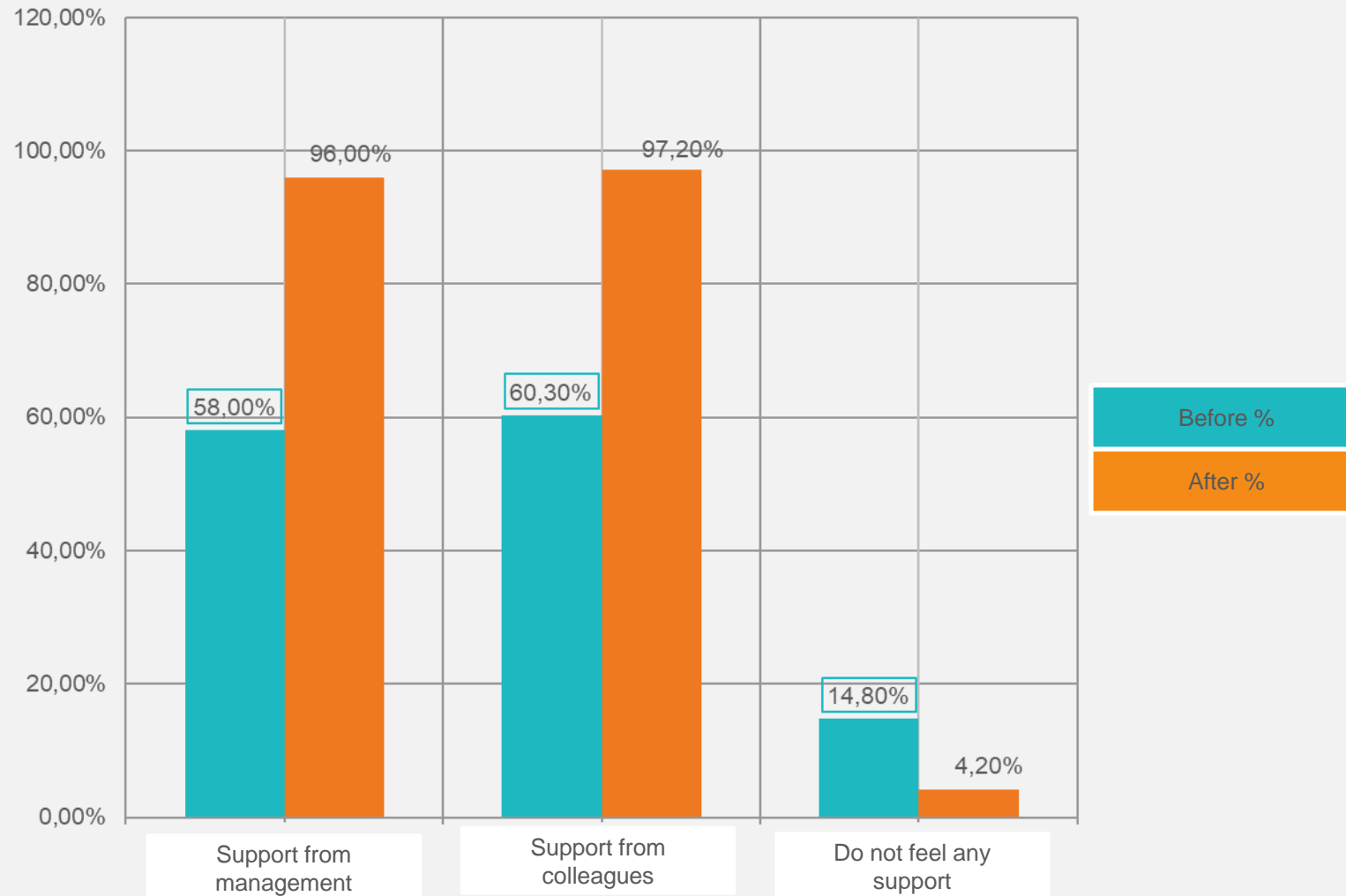
MONITORING AND EVALUATION OF PROJECT STAGES



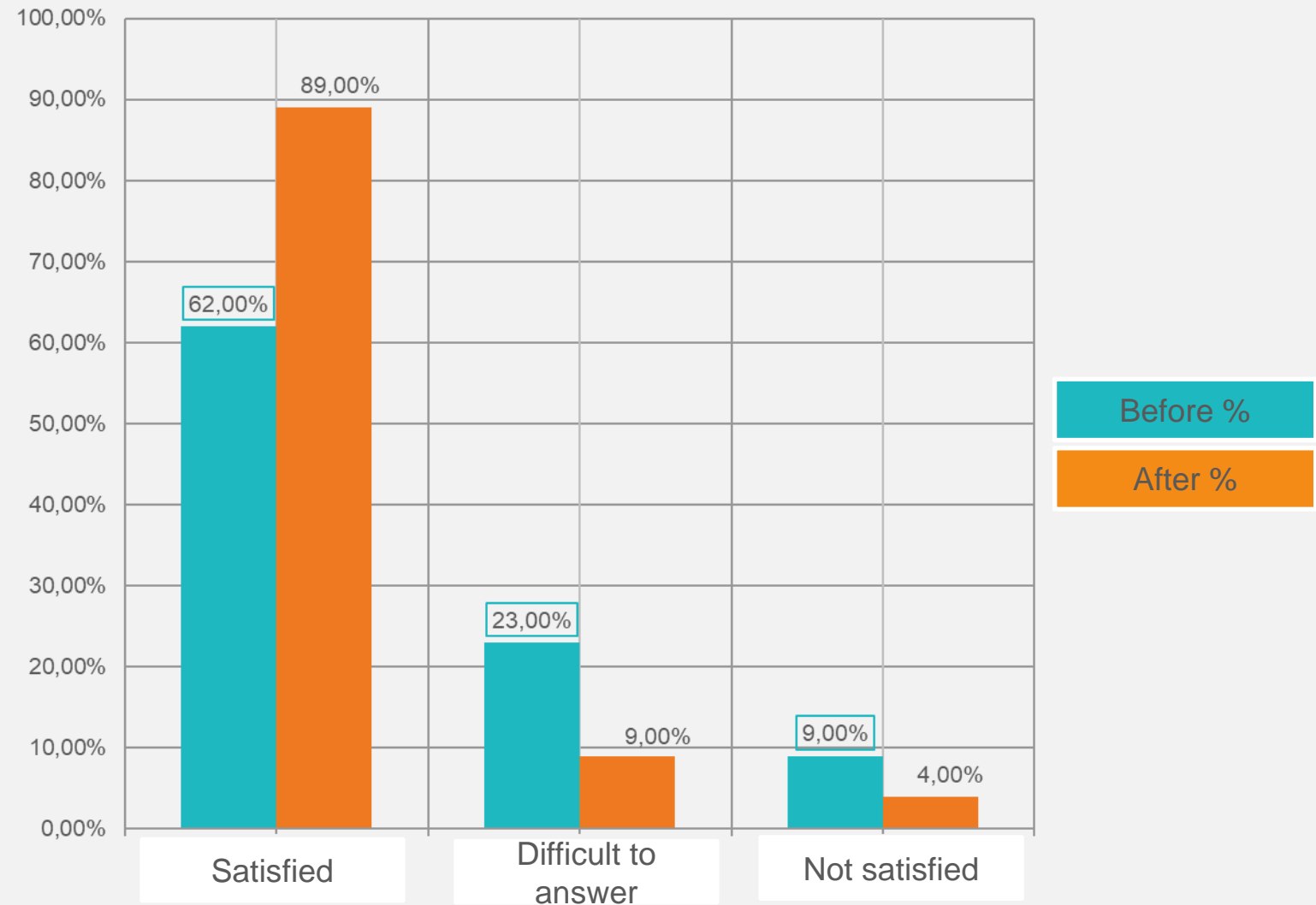
RESULTS IN TERMS OF STRESS LEVEL FELT BY THE WORKERS



RESULTS IN TERMS OF SUPPORT LEVEL PERCEPTION



RESULTS IN TERMS OF SATISFACTION WITH WORKING CONDITIONS



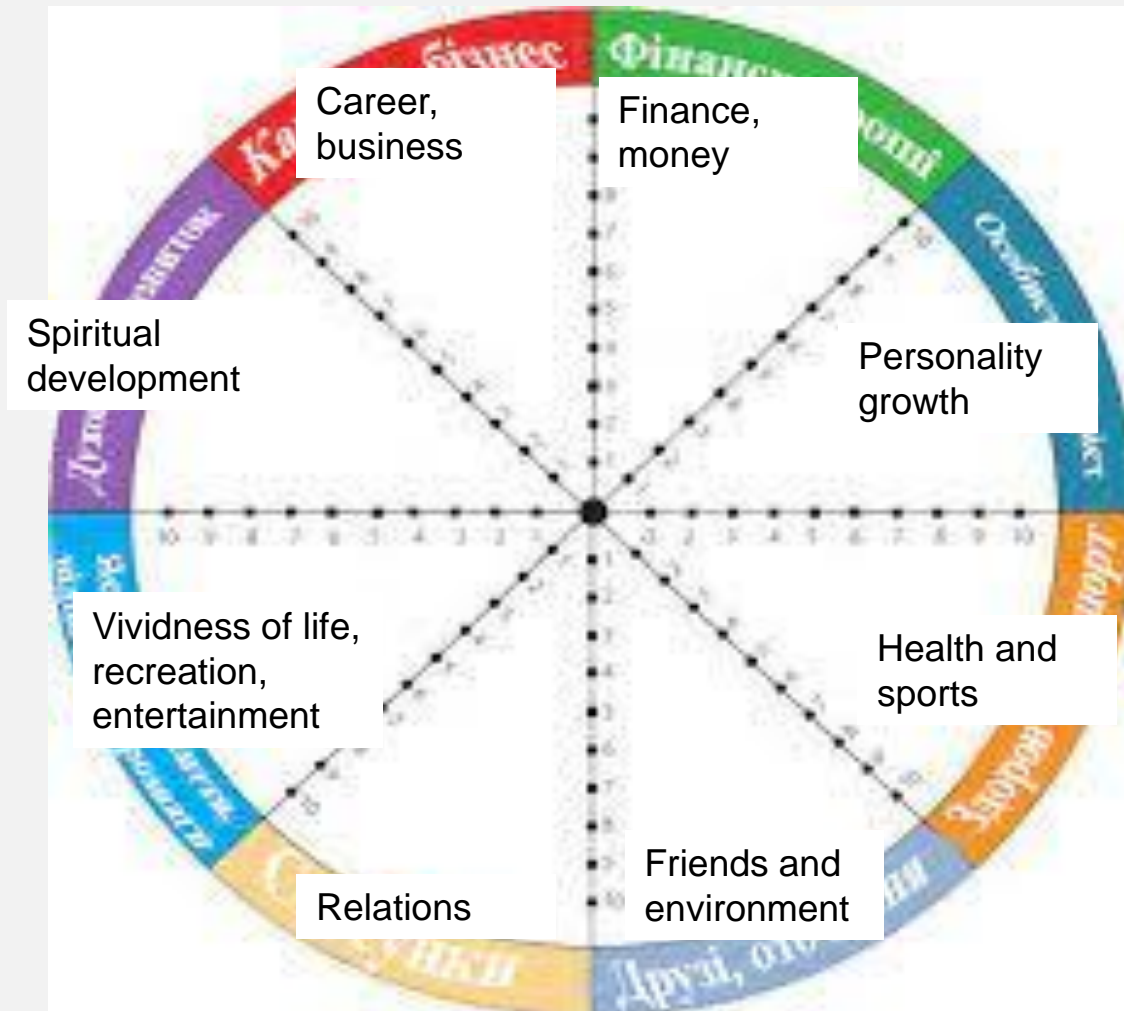
POSITIVE RESULTS OF ACTIVITIES

- ❑ Developed a draft written policy on psychosocial support of staff, agreed it upon with management, workers' representatives and other stakeholders taking part in the project implementation, and approved the policy
- ❑ Prepared trainings for staff to learn the PSS provision algorithm
- ❑ Created a psychological relief room
- ❑ Compiled a list of resources that can be used to provide psychological aid
- ❑ Providing psychological education

POSITIVE RESULTS OF ACTIVITIES

- ❑ Formed practical skills in assistants for PSS provision
- ❑ Shaping the facility staff's belief in their own strength and capabilities
- ❑ Found availability of resources and means of meeting staff's needs and care for themselves
- ❑ Motivated staff to experience positive moments and feelings even in the war situation
- ❑ Taught staff to master self-regulation techniques

PREVENTION OF EMOTIONAL BURNOUT

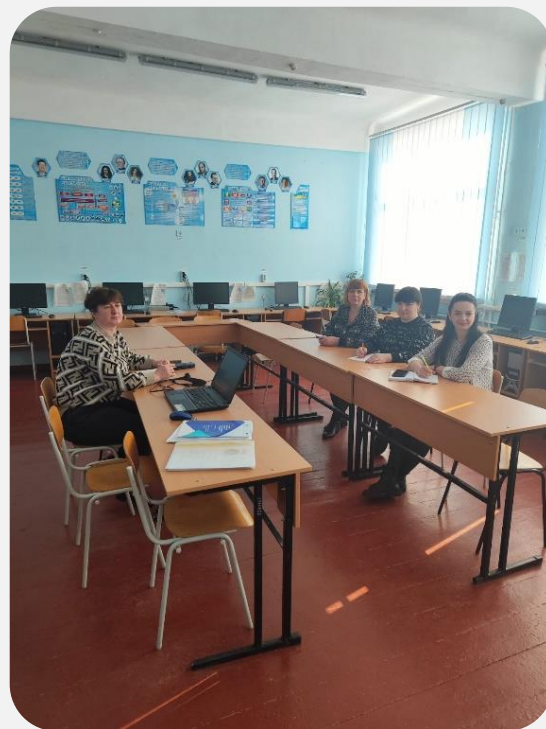


Positive mutual relations	<ul style="list-style-type: none"> - Communicating with motivators and optimists - Interacting with animals - Thinking positively and smiling
Caring for body and health	<ul style="list-style-type: none"> - Long and good sleeping - Balanced diet - Sufficient physical load - Holiday for body and small pleasures
Nursing life values	<ul style="list-style-type: none"> - Meditations - Holiday for soul - Filling with emotions - Rest
Professional activity and achievements	<ul style="list-style-type: none"> - Uniform distribution of load - Maintenance of energy balance - Contacts with people of various professions - Leaving enough time to recover

PHOTOS FROM EVENTS



PHOTOS FROM EVENTS



PHOTOS FROM EVENTS



PHOTOS FROM EVENTS



PROJECT IMPLEMENTATION PLANS



SUPPORT OF PUPILS

The main task is to create at our classes a trustful and easy atmosphere of respect and mutual support where pupils are not afraid of sharing their thoughts and emotions.



HOW TO CONDUCT LESSONS DURING THE WAR

Responsiveness +
exactingness



SUPERPOWER IN EVERYONE

- I work = I defend my country
- I am responsible for what my country will be like in the future
- I cope
- I choose resilience
- Unite! We are able to withstand and win!

