

October Issue: Week One

Welcome to our first edition of Recharge: Energizing School Leaders!

Every day, school administrators face an array of unexpected challenges that require cognitive skills such as endurance, adaptability, and demeanour. The restarting of schools during COVID-19 in September likely taxed you and these high-functioning skills. How can we help you maintain your focus and energy to enable you to best meet the demands of your role?

ReCharge is a new BCPVPA health series to support our members, partners and friends. Each month, ReCharge will focus on a specific skill related to your coping ability, such as adjusting your thought patterns, as well as your self-awareness.

The objective of ReCharge is to help you get to know yourself, renew your energy,



Monthly Breakdown

Week 1

The 'Where': Lead-o-meter

Week 2

The 'What': Self-Assessment Exercise

Week 3

The 'Why': Research, Science and Information

Week 4

The 'How': Building up your skill

enhance your fortitude and build up your coping competency, so you can better navigate the complex systems you lead.

"Coping refers to cognitive and behavioral strategies that people use to deal with stressful situations, [perceived threats] or difficult demands, whether they are internal or external." ¹

So, how are you holding up?

Let's face it – the strength and endurance of our coping abilities have been put to the test in 2020. We are experiencing a global pandemic, social and political tensions, and ongoing changes in our school system. These events have impacted how we go about our day and have taken up some of our 'brain capacity', that would normally be used for other things.

As humans, we are not genetically engineered to know how to cope with each and every interesting event life will throw at us. Just like reading, solving a math equation

or riding a bike, positive coping strategies are teachable skills.

Unfortunately, we do not take an 'Effective Coping Skills 101' class in school. We learn coping skills – both healthy and unhealthy methods – through the school of hard knocks and by watching those around us – particularly our parents.

Enhancing your ability to cope starts with:

- A self-awareness of your stress triggers, and
- A self-awareness of your 'go to' strategies.

Learning to strengthen your coping skills requires:

- Understanding your perceptions and thinking patterns;
- Identifying the emotions that you feel;
- Acknowledging the resulting behaviour that occurs; and

- Recognizing the feedback loop stemming from your behaviours, including the outcome your coping strategy achieves (or not!).

This month, we're going to explore the topic of **coping** – and the timing couldn't be any more critical!

We want to know: *where are you at with coping at this time?*



Please take 30 seconds to complete Recharge's monthly lead-o-meter, a short questionnaire!

In ReCharge, we'll release a new lead-o-meter on the first week of every month, and at the end of the month, we will report the anonymous results!



Complete this month's Lead-o-meter!



Follow the link or scan this QR code by opening your phone camera and pointing at the code.

Sources:

¹ Positive Psychology, positivepsychology.com/coping



Curious about a certain topic?

We welcome your feedback and suggestions.

Please let us know!



bcpvpa.bc.ca/recharge