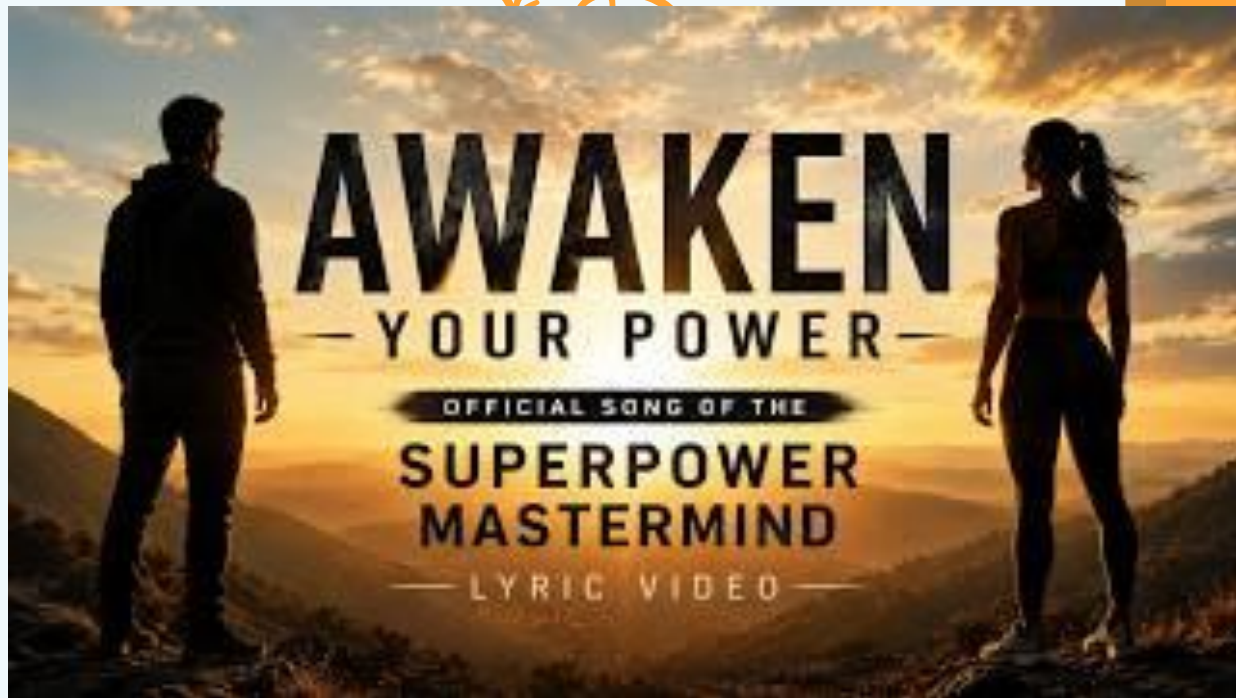




AWAKEN

— YOUR POWER —

OFFICIAL SONG OF THE

SUPERPOWER
MASTERMIND

— LYRIC VIDEO —



The Seasons Of Mental Health

Tyler Ruby
TeacherCon 26



Your Presenter

**28 years - special education teacher → 3rd grade classroom-Evanston
WEA Southwest Region President & Mental Health & Wellness Champion**

True Colors Facilitator

QPR Facilitator

Wyoming's 1st Fully Certified High Reliability Teachers

Nathan's Gift Scholarship Recipient-Dyslexia Certification

Presented at:

Wyoming School Counselor Educator Conference-25, 26

Native American Educator Conference-24, 25, 26

TeacherCon-25 & 26

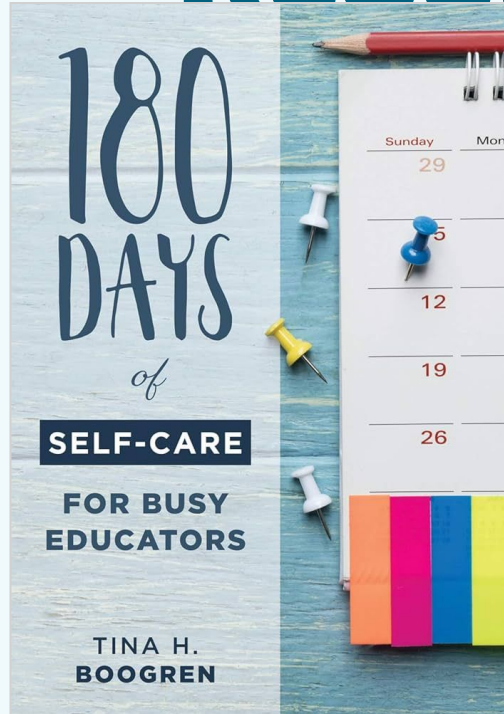
National Rural Educators Association Conference-25

WEA Southwest Region Mental Health Retreat

Sweetwater Educator Summit

WDE SRP Academy

Resources



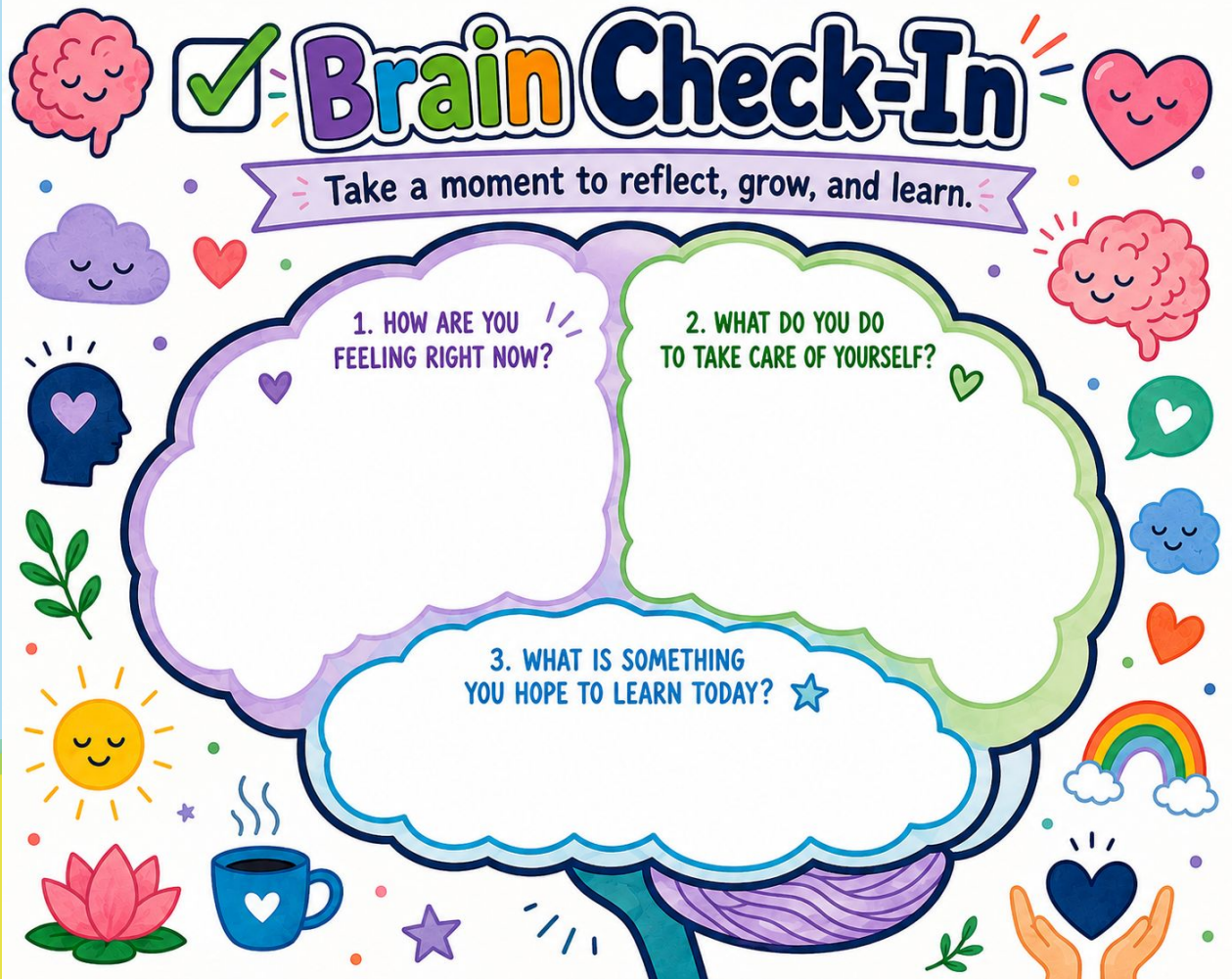
From Surviving to Thriving: Phases of First-Year Teaching.
Ellen Moir. New Teacher Center



Today's Journey

1. Journey Self-Reflection-Pre
2. "Moir's School Year Stages"
3. "Season" Strategies
4. Journey Self-Reflection-Post

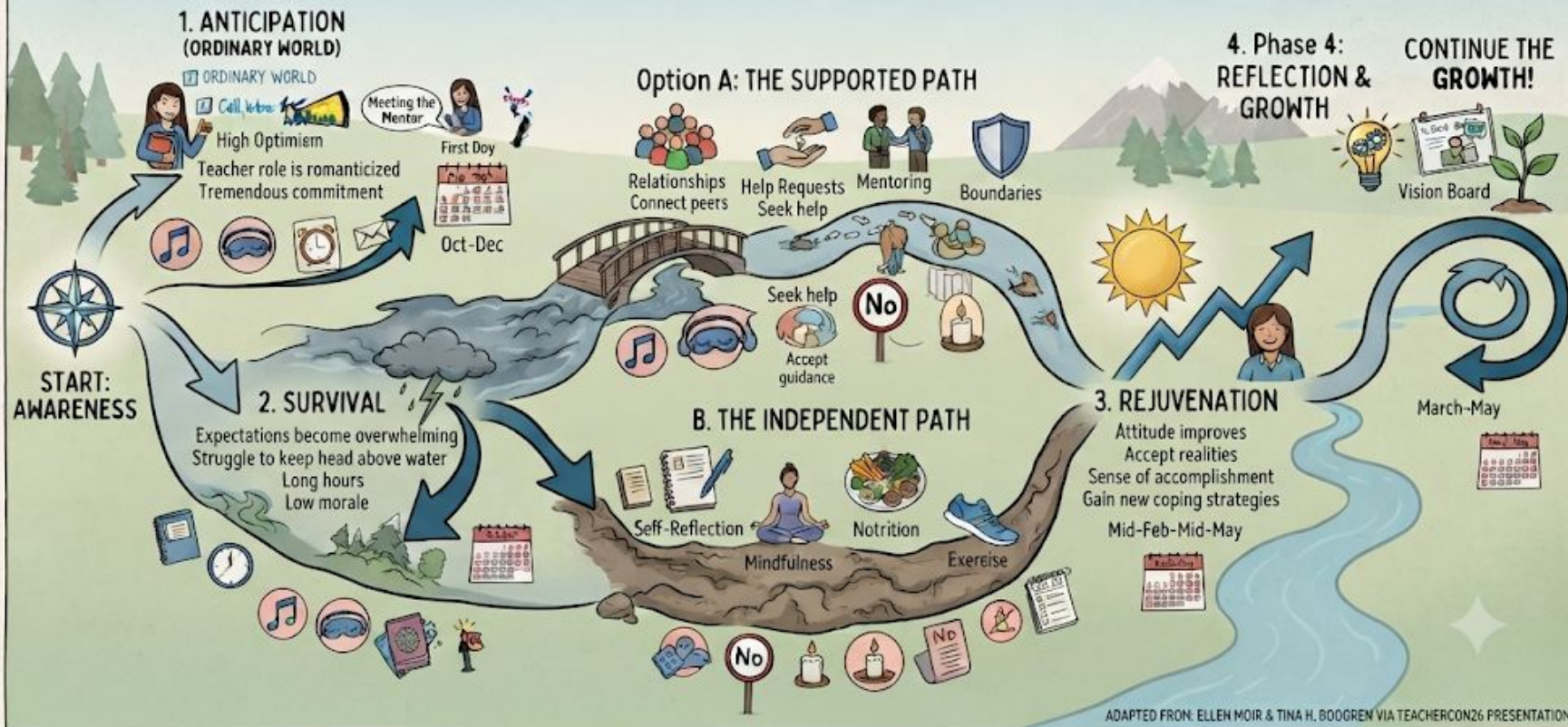




Check-In
Quick
Write



THE INDIVIDUALIZED MENTAL HEALTH & WELLNESS JOURNEY



The Power of Your Voice in Mental Wellness

Using your voice is a transformative tool for navigating your mental health journey. Here is why speaking up matters:

- **A Sign of True Strength**
- Vulnerability requires immense courage. Articulating your struggles is not a sign of weakness, but a testament to your resilience and your commitment to your own well-being.
- **A Catalyst for Processing Emotions**
- Naming what you are feeling helps organize complex, internal experiences. When you give words to your emotions, they become less overwhelming and easier to understand.
- **A Bridge for Connection**
- Sharing your truth fosters deep empathy and trust. By being honest about your experiences, you break through the isolation that often accompanies mental health challenges.
- **A Tool for Empowerment**
- Owning your narrative allows you to shift from being a passive recipient of your circumstances to an active participant in your healing, giving you greater agency over your life.
- **A Driver for Change**
- Voicing your needs is the essential first step toward establishing boundaries, changing unhealthy dynamics, and advocating for the support you deserve.
- **A Beacon for Others**
- When you speak openly, you create a safe environment for others to do the same. Your courage can normalize the conversation, significantly reducing stigma for those around you.
- **A Demonstration of Support**
- Using your voice to speak up for yourself or others ensures that needs are recognized and that you are actively building a culture of care and understanding.

YOUR VOICE MATTERS

SPEAK UP. BE HEARD. SUPPORT WELLNESS.

Speaking up is a sign of strength, not weakness.

Your voice can inspire change!

Your voice is important for your mental health and the well-being of others.

1. IT HELPS YOU PROCESS EMOTIONS

Talking about how you feel can reduce stress, anxiety, and overwhelm.

2. IT BUILDS CONNECTION

Sharing your thoughts helps others relate to you and creates a sense of belonging.

3. IT HELPS OTHERS

Your voice might be the reminder someone else needs that they are not alone.

4. IT EMPOWERS YOU

Speaking up for your needs, setting boundaries, and sharing your ideas builds confidence and self-respect.

5. IT CREATES CHANGE

Your voice can bring attention to important issues and help make our school and community a better, safer place for everyone.

6. IT SUPPORTS MENTAL WELLNESS

When you speak up and feel heard, it can improve your mood, increase self-awareness, and support your overall well-being.

My voice can make a difference!

There are many ways to use your voice:

- ♥ Talk to a trusted adult
- ♥ Check in with a friend
- ♥ Join a club or group
- ♥ Share your ideas
- ♥ Speak up respectfully
- ♥ Use surveys, feedback forms, or suggestion boxes
- ♥ Create art, music, or writing

CHANGE STARTS WITH US

MORE WAYS TO USE YOUR VOICE EVERY DAY

Journal your thoughts and feelings.	Have respectful conversations with others.	Practice active listening and encourage others to share.	Advocate for your needs and the needs of others.	Give constructive feedback to help improve things around you.	Take part in school activities, student council, or leadership opportunities.
Use your voice online responsibly and kindly.	Spread kindness and uplift others with your words.	Speak up about injustice and support what you believe is right.	Express yourself creatively—art, music, drama, poetry, and more!	Share your goals and dreams—your voice can open new doors.	Check in on friends and encourage them to speak up too.

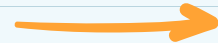
It's okay to start small. Every time you speak up, you build courage!

★ YOUR VOICE. YOUR STORY. YOUR MENTAL HEALTH MATTERS. You have the right to be heard, respected, and supported.

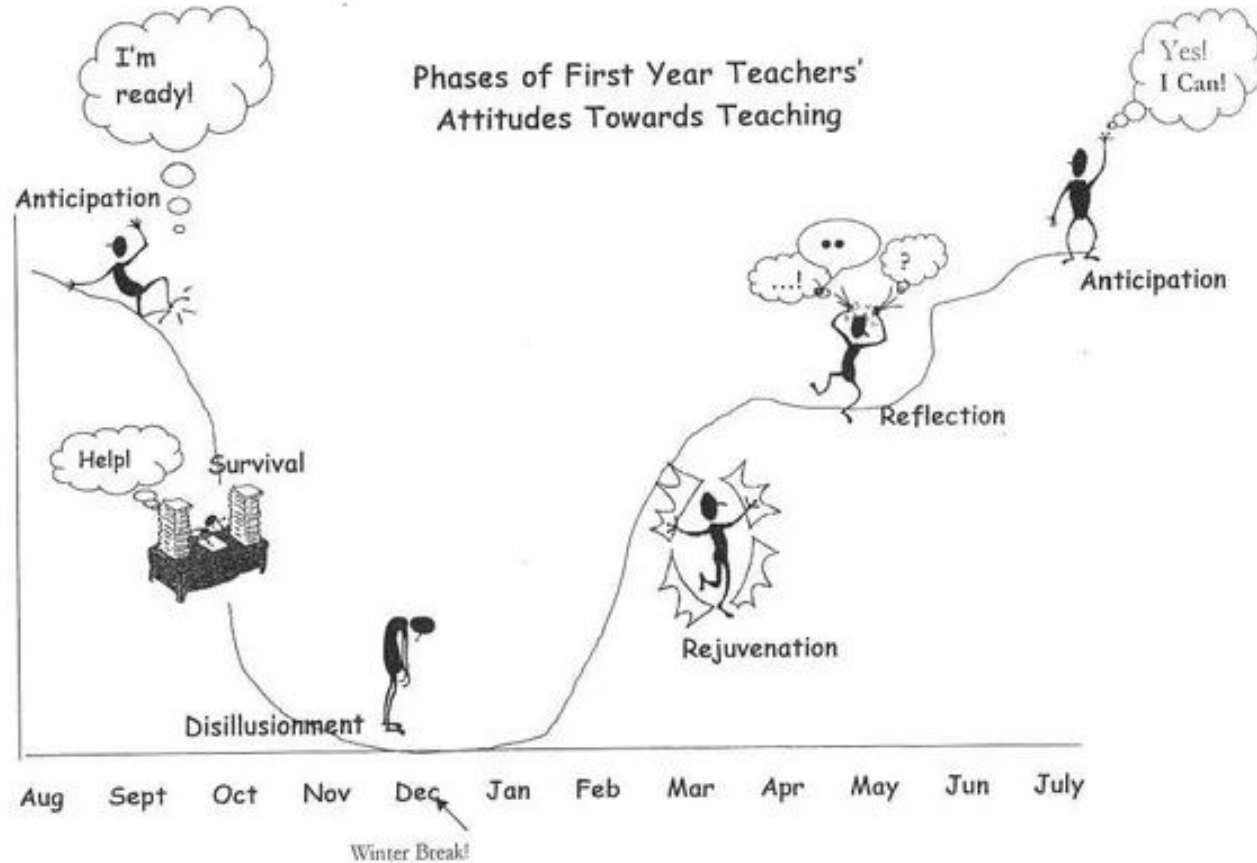
You are not alone. We are here to listen and support you.

01

Moir's Stages Of Teaching



Phases of First Year Teachers' Attitudes Towards Teaching



Anticipation

1 ORDINARY WORLD

2 call to Adventure

3 MEETING THE MENTOR

Survival

4 Crossing the THRESHOLD!

5 Challenges, Allies, & Enemies

Disillusionment

6 Approach to the INNER MOST CAVE

Rejuvenation

7 REBIRTH REWARD

Reflection

8 RETURN WITH ELIXIR

9 ORDINARY WORLD Anticipation

10 Freedom to LIVE

Apply lessons learned & Continue to grow!

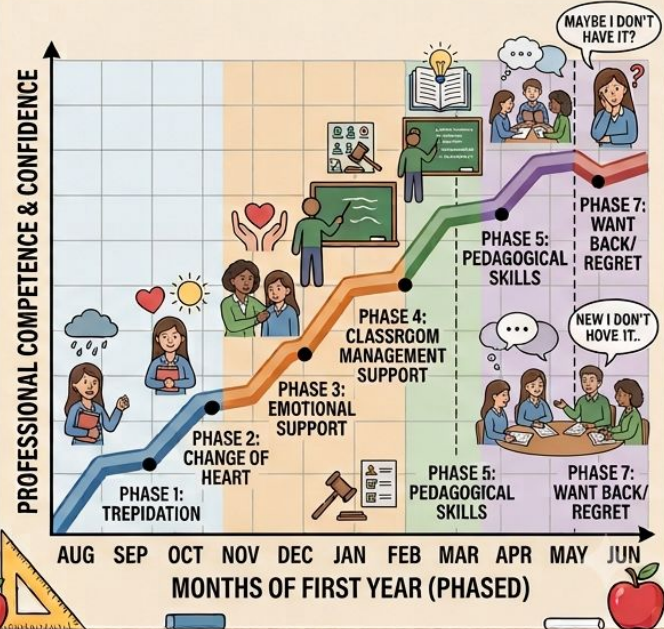
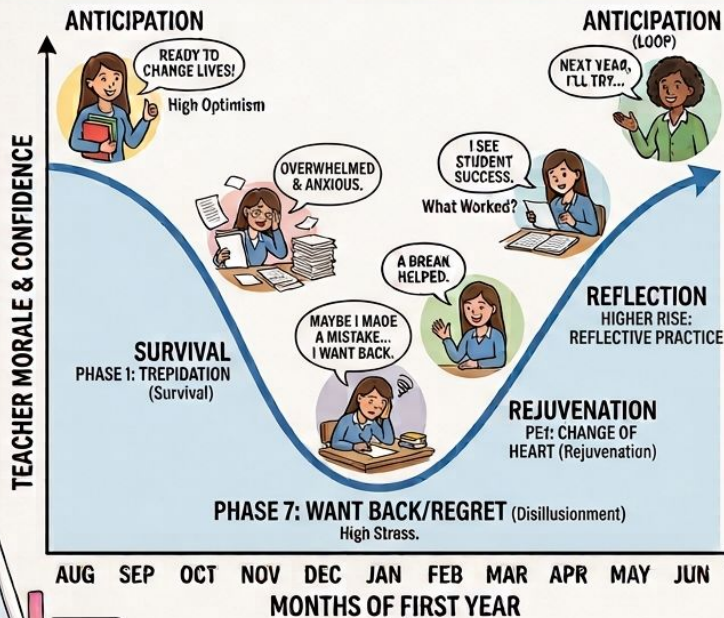
THE ROAD BACK

Aug Sept Oct Nov Dec Jan Feb Mar Apr May Jun July

THE COMPLETE TEACHER INDUCTION JOURNEY: EMOTION & PROFESSIONAL GROWTH

ELLEN MOIR'S PHASES

TEACHER SUPPORT PHASES (COMPARISON)



Phases Of Teaching



01

Anticipation



Anticipation

August - October

Pre-service teachers & beginning of the school year

Teacher role is romanticized

Enter the school year with tremendous commitment

- *will make a difference

- *idealistic view of meeting goals

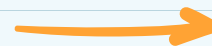
First few days of the school year

- *there is overlap in the phases



02

Survival



Survival

October - December

Expectations become overwhelming

Bombarded by a variety of unanticipated issues

- *Problems

- *Situations

Get caught off guard by realities of teaching

Struggle to keep head above water

Focus on & become consumed by day-to-day routines

Long hours

Development/planning with curriculum/planning

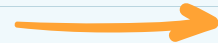
Difficulty maintaining high level of energy and commitment

Harbor hope the turmoil and chaos will subside



03

Disillusionment



Disillusionment

Mid-October - January

Many weeks of repeated work

Nonstop stress

Intensity & Length varies

Become aware of extensive time commitment

Realize things are not going as smoothly as planned

Low morale

Period of disenchantment

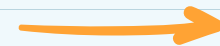
Questions commitment and competence

Illness strikes



04

Developmental



Developmental

September - January

New school events

Parent/Teacher Conferences

First formal evaluation

Milestones place a vulnerable new teacher in more stressful situations

Expression of self-doubt

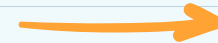
Lower self-esteem

Question professional commitment



05

Rejuvenation



Rejuvenation

Mid-February -Mid-May

Characterized by a slow rise in teacher's attitude towards teaching

Past problems are behind them

Better understanding of the system

Accept the realities of teaching

Feel a sense of accomplishment

Rejuvenation with teachers

Gain new coping strategies

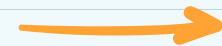
Gain skills to prevent, reduce or manage encountered problems

Sense of relief to make it through the year



06

Reflection



Reflection

March - May

Reflect over the course of the year

Highlight successful events

Highlight unsuccessful events

Think about plans to change for subsequent year

A vision appears for next year and/or future years

Return to Rejuvenation



Why Self-Care



We need self-care because:

- *develop a deep, keen understanding of our own needs**
 - *need to check-in with ourselves throughout the day**
 - *respond to our own needs with targeted action**
 - *self-care is the pursuit of personal well-being & happiness**
 - *intentional practice**
 - *rewards & benefits**
 - *self journey of discovery**
- 





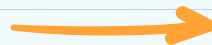
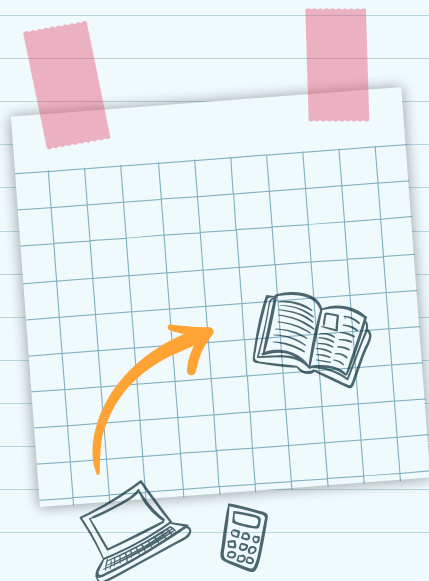
Seasons

Strategies & Routines



Fall Routines & Strategies

Season Of Sacrifice



Season Of Sacrifice

First Nine Weeks

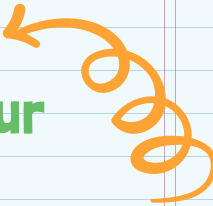
Physiological needs-air, food, water , sleep, shelter

Give self invitations to feel energized & be truly alive

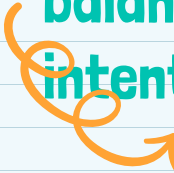
Create pockets of time



Week 1 – MUSIC – create a playlist that gets you off your feet; reduces stress, blood pressure, anxiety, pain, Improves sleep quality, mood, memory, cognitive functions, learning, concentration



Week 2 – NUTRITION & HYDRATION – how does the food we eat impact how our bodies feel, impacts mood and well-being, increases physical, energy & stamina, balances blood sugar, drink more water, eat foods with intention and savoring food



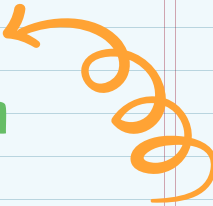
Week 3 – SLEEP – 7–8 hours, keeps us healthy, increases thinking skills, fewer automobile/workplace accidents

Week 4 – LAUGHTER – emotional & spiritual, builds connection, reminder of what truly matters, is the best medicine, stimulates our heart, lungs, & muscles, releases endorphins, relaxing, reduces tension & stress, improves the immune system, pain reliever, increases personal satisfaction, instantaneous mood booster

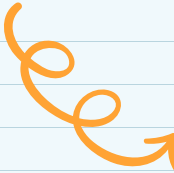




Week 5 – TECHNOLOGY – helps us connection, causes an addiction, reduces the ability to solve problems, concentrate, express creativity, pay attention, sleep, trust other people & empathize, be active, stretch mind & accomplish something



Week 6 – ALTRUISM – be kind or giving, acts of kindness, opportunities to help others



Week 7 – WARDROBE – decisions about what you wear

Week 8 – TIME – slowing down, savoring the pockets of time we have, shifting attention to how time is spent, spend time with loved ones, increases motivation

Week 9 – MINDFULNESS – paying attention on purpose, present, decreases stress & depression, increases self-esteem. self-control, immunity, walks, paying attention with all 5 senses, calm, centered, & capable

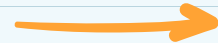
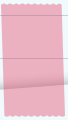




Winter Routines & Strategies

Season Of

Disillusionment



Season Of Disillusionment

Second Nine Weeks

Excitement turns to feeling overwhelmed

Dig in!

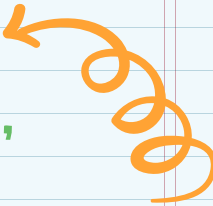
Don't give up!

Recommit

Promise to continue the work



Week 10 – TIME USE – find the main thing to accomplish, do it first, schedule time to complete tasks, eliminate unintentional tasks, work in ahead in batches, enlist volunteers



Week 11 – RELATIONSHIPS – essential, wired to connect, helps with stress & healing, go on date, emotional intelligence, connect with a friend, family time, volunteer, join/start a club,



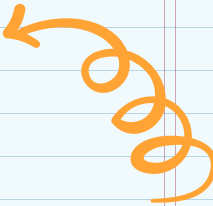
Week 12 – GRATITUDE – improves physical & psychological health, reduces aggression, appreciate good days, pulls us out of negativity, gratitude journal, write thank you notes, 3 things grateful for, take a photo of what you are grateful for, send a gratitude text

Week 13 – SAY NO – builds confidence, sets boundaries, prioritizes goals, practice, offer alternatives, compromise, get back to someone, separate refusal from rejection, true to yourself

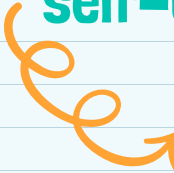




Week 14 – INSPIRATION – find inspiration (movie, photo, quote, book), increases motivation, propels to act, change the environment, try something new, vision board, junk journal, inspiration notebook, go out of comfort zone



Week 15 – HELP REQUESTS – ask for help, can't do it all, what is most essential to you & well-being, be specific about why, use school-wide self-care programs, attend self-care professional development



Week 16 – COMFORT – find your Hugge (HUE–GUH), feeling of comfort & contentment & well-being, enjoy simple things in life, use candles, comfortable clothes, comfort foods, bring comfort to work

Week 17 – SOCIAL MEDIA – manage time on, set a timer, be selective of who, what you follow, schedule in time with people, stop & think before posting, what is it you want to pay attention to



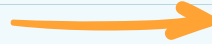
Week 18 – HABITS– are powerful, free up mental space, determine if they are healthy or unhealthy, identify one unhealthy habit and change it, identify the cue, trigger or reward, make a change in your routine, keep trying each day





Spring Routines & Strategies

Season Of Balance



Season Of Balance

Third Nine Weeks

Finding balance

Getting back into the swing of things

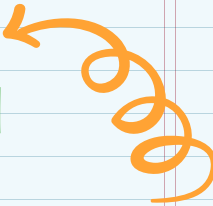
Follows Winter break

Ways to find your stride again

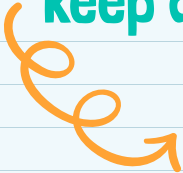
Striving to find calm between personal and professional life



Week 19 – CREATIVITY – critical for problem-solving, all have a creative side, doodling, make something with hands, brainstorm new ideas, socialize with different people, go out into nature (physical movement)



Week 20 – ALTRUISM – paying forward kindness, commit and act of selflessness, connect with others, increases happiness, **GOLDEN RULE**, commit to paying it forward, keep a tally of the number of times you paid it forward



Week 21 – INDULGENCE – treat yourself day, obligation free day, give permission to indulge yourself, take a nap, go shopping, wear fuzzy socks, take a sick day, light candles, order only dessert, Spa day, color, bake something, have a dance party

Week 22 – ADVENTURE – one each month, be a tourist, break up monotony, make time in schedule, choose/research adventure, who is going, commit to do it, take photos





Week 23 – ORDERLINESS – an orderly environment = more energetic, creative & cheerful, reduce visual clutter, reduce the possibility of visual or mental clutter, 1-min. Rule, if you can do it in a minute, do it, put things in place using the rule



Week 24 – OBLIGATION – take a break from things without huge ramifications, grant self a short vacation from daily chores (laundry, dishes, etc.)



Week 25 – PLAY – adults need to also, vital for problem-solving, creativity, relationships, life of meaning & contribution, weekly, what does it look like, sound like, feel like, GO PLAY

Week 26 – EMAIL – manage your inbox, be fully present, schedule a time to check, clean out junk mail or unwanted emails, unsubscribe, do away with folders, use search to find



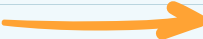
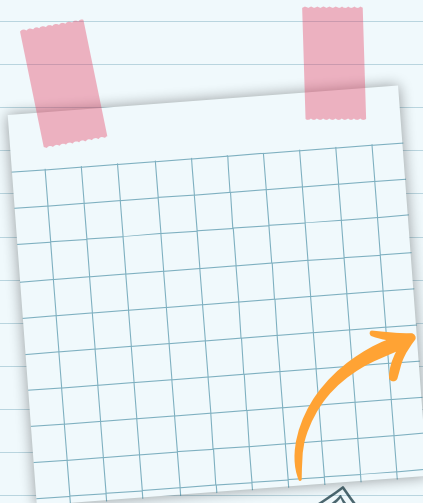
Week 27 – REPLAY– write about a positive experience, let it be messy & imperfect, schedule quiet time, record the best moments from the day





Summer Routines & Strategies

Season Of Finishing Strong



Season Of Finishing Strong

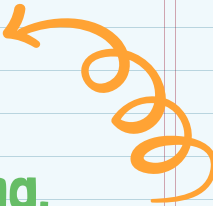
End of the school year

Include MH&W invitations

Keep promises of self-care



Week 28 – HOBBIES – structured time to do, reduces stress, fosters connections, makes us more interesting, enjoy a new one or continue with an old one, schedule a time & do it



Week 29 – COGNITION – keep minds active, attitude of stress is a challenge, persevere, problem-solve, ward off dementia & Alzheimer's, feeling of accomplishment, get better or learn something new, try new things, vary habits, enjoy strategy games or puzzles



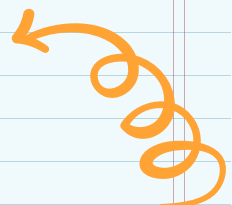
Week 30 – TRANSITIONS – mindful of how we move from one task to another, level of difficulty, why is this the case, how does it make you feel, how can we change them, take a break, help others

Week 31 – LISTENING – feeling really heard, leaning in, listen without distractions, makes you feel respected & valued, listen without interruption, ask clarifying and open-ended questions, building a connection with a peer or a student

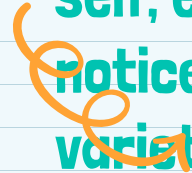




Week 32 – JOURNAL – write about stressful events, thoughts, feelings, helps to know yourself better, resolves problems, gets thoughts out of your mind, write about what feels right, use different modes of writing, no thought to spelling, grammar, etc. just writing



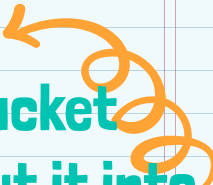
Week 33 – OUTDOORS – step outside, helps with mental & physical health, connection to something bigger than self, engage all your senses, walk, sit down, eat outside, notice surroundings, breathe in the air, experiment in a variety of places



Week 34 – MORNING ROUTINE – look like, sound like, feel like, challenges, possible changes, give the gift of time to feel calm, 4 commitments (move, write, chug (water), mediate, consider evening routine, start small, get up earlier, breathing, walk, meditate, deep breathing

Week 35 – ACTIVE REST– rest without guilt, slowing down, down time is essential for mental processes, affirming out identifies, develop an understanding of human behavior, instills a code of ethics, stay in the moment, mindfulness, schedule 30 min. of relaxation

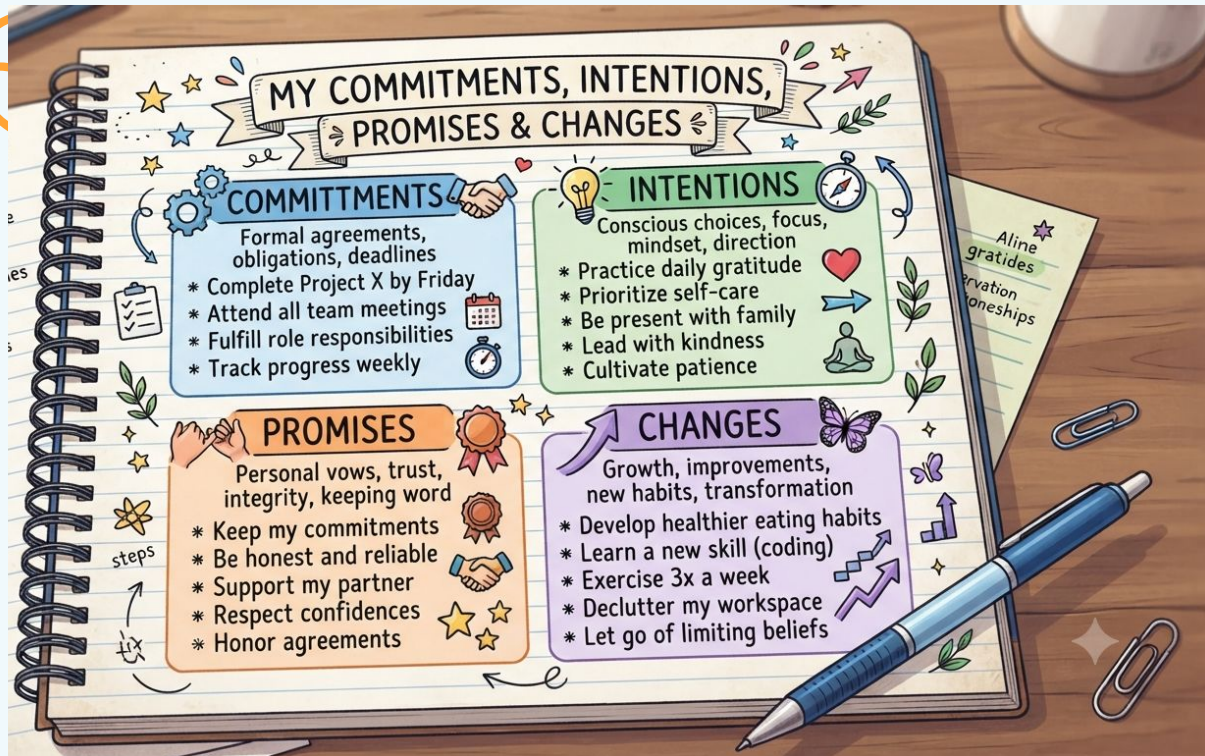




Week 36 – SUMMER BUCKET LIST – You Made It!, create a bucket list, put into practice what you learned about yourself, put it into action, reflect on your past week's challenges, positive events, write it down, keep trying, reflect on how you feel



ent with Gemini with spelling to
Ulong! Technology won!



Commitments • Intentions • Promises • Changes

Reflection & Action Notes

Date: _____

Commitments

What am I committed to doing moving forward?

Intentions

What do I want to be more intentional about?

Promises

Promises I am making to myself, my students, my colleagues, or others.

Changes

What changes will I begin making immediately?

One Action I Will Take This Week

My Accountability Date: _____

On Paper On
Purpose!
Maria
Nielsen





Headspace

The image shows a spiral-bound notebook with a dark blue cover and a white page. The page contains three underlined text items. To the left of the page, there is a small piece of lined paper with a speech bubble, the number '6d', and a laptop icon, with an orange arrow pointing from it to the 'Headspace' text. To the right, there is a green folder with a book icon and two paper clips (one orange, one pink) at the bottom right corner. A large orange arrow curves from the bottom right towards the 'Book Resources' text.

Invitations For The Week

Book Resources

Spring

Self-Care Invitations by the Week

A season of renewal. As the world awakens, you are invited to refresh, reimagine, and reconnect.

WEEK 1



PLANT INTENTIONS

What do you want to grow this season? Set a gentle intention and nurture it.

WEEK 2



MOVE & BREATHE

Get outside. Move your body. Breathe in the fresh air and let it energize you.

WEEK 3



CLEAR & REFRESH

Declutter a space, a habit, or a thought. Make room for something new.

WEEK 4



NOURISH YOURSELF

Give yourself what you need to feel vibrant—rest, good food, joy, and connection.

You are blooming. Keep showing up for you.

Fall

Self-Care Invitations by the Week

A season of release and realignment. You are invited to let go, ground yourself, and create with intention.

WEEK 1



SETTLE & GROUND

Create a cozy space and come home to yourself. Breathe. You are enough.

WEEK 2



RELEASE & LET GO

Let go of what no longer serves you—habits, worries, or expectations.

WEEK 3



NOURISH & REFUEL

Feed your body well. Do things that restore your mind and spirit.

WEEK 4



REFLECT & REALIGN

Check in with your goals and values. Realign with what matters most.

You are becoming. Trust the season.

Summer

Self-Care Invitations by the Week

A season of light and expansion. You are invited to soak it in, slow down, and savor.

WEEK 1



SOAK UP JOY

Do something that makes your heart light. Follow what feels fun and freeing.

WEEK 2



HYDRATE & REST

Drink water. Take breaks. Honor your energy and let rest be productive.

WEEK 3



SLOW DOWN ON PURPOSE

Create space in your day to slow down and simply be present.

WEEK 4



CONNECT & REFLECT

Spend time with people who uplift you and reflect on what this season has taught you.

You deserve to enjoy this season, too.

Winter

Self-Care Invitations by the Week

A season of rest and reflection. You are invited to slow down, honor stillness, and be gentle with you.

WEEK 1



REST WITHOUT GUILT

Give yourself permission to rest. You don't have to earn it.

WEEK 2



WARM & NURTURE

Surround yourself with warmth—cozy moments, kind words, and comfort.

WEEK 3



REFLECT & JOURNAL

Look back with compassion. What did you learn? What are you proud of?

WEEK 4



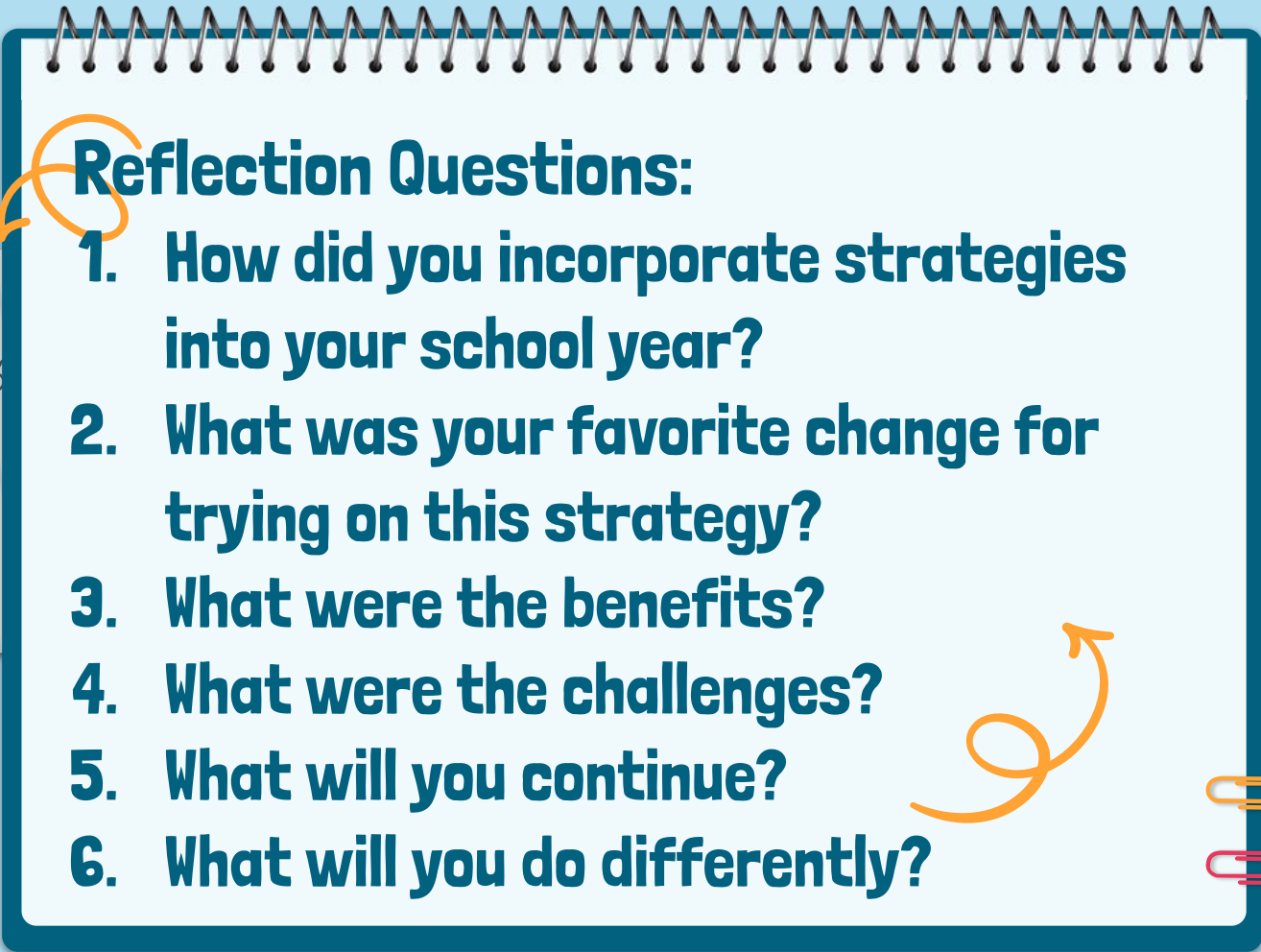
DREAM & PREPARE

Dream about what's next. Set intentions for the season ahead.

You are enough. Just as you are, right now.

Self-Care Invitations

See Handout For Full List



Reflection Questions:

1. How did you incorporate strategies into your school year?
2. What was your favorite change for trying on this strategy?
3. What were the benefits?
4. What were the challenges?
5. What will you continue?
6. What will you do differently?



BRAIN REFLECTION

Thanks for being here and participating!
Let's take a moment to reflect and grow.

1 HOW ARE
YOU FEELING NOW?

2 WHAT IS SOMETHING
NEW YOU LEARNED
TODAY?

(What stood out to you
the most?)

3 WHY IS MENTAL HEALTH
AND WELLNESS IMPORTANT?

Take care
of your mind.
It helps you
do your best!

It's okay
to not be
okay.

Healthy Mind.
Stronger You.

Reflect today.
Grow every day.

Be Kind ✓
Be You ✓
Be Well ✓

Today's Journey Recap



1. Journey Self Reflection-Pre
2. "Moir's School Year Stages"
3. "Season" Strategies &
4. Journey Self Reflection-Post
5. Questions





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Thank you!

