

Your Participation

Audio:

- You are using your computer's speaker system by default
- Choose **Telephone/Phone Call** and dial using the information provided

Questions:

Submit questions and comments via the Questions panel. If we don't get to your question today it will be answered in a Q&A on our website.

Note: Today's presentation is being recorded and will be provided within 48 hours.



Welcome to Wellbeing Wednesday

The Impact of Racism on our Health and Wellbeing

Khadija Mohammed – Chair SAMEE

Yasmeen Hussain – Executive Board Member SAMEE

Marcia Edwards – Therapist and Mental Wellbeing Coordinator,
Saheliya, Glasgow

Sharon Smith, Senior Education Officer at GTC Scotland

Professional Isolation

It can be as a consequence of feeling disconnected from your professional identity, feeling that your distinctive skills and abilities are not valued, feeling that your ideas are usurped by colleagues to heighten their profile and feeling that you do not have anyone to confide in to discuss your experiences and share your ideas to address the challenges.





Culturally schizophrenic

...being present and yet not visible, being visible and yet not present.

(Macedo, 2000)



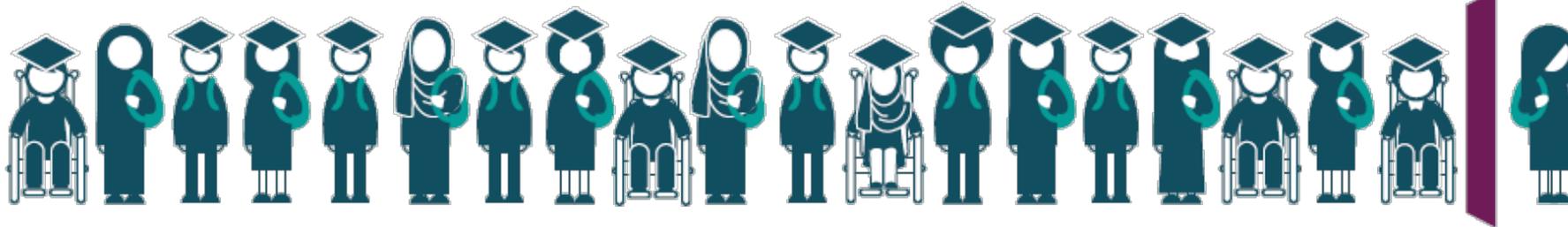
Racial harassment is a common experience for a wide range of staff across the UK

**Over
1/2 of staff
described incidents
of being ignored or
excluded because
of their race**

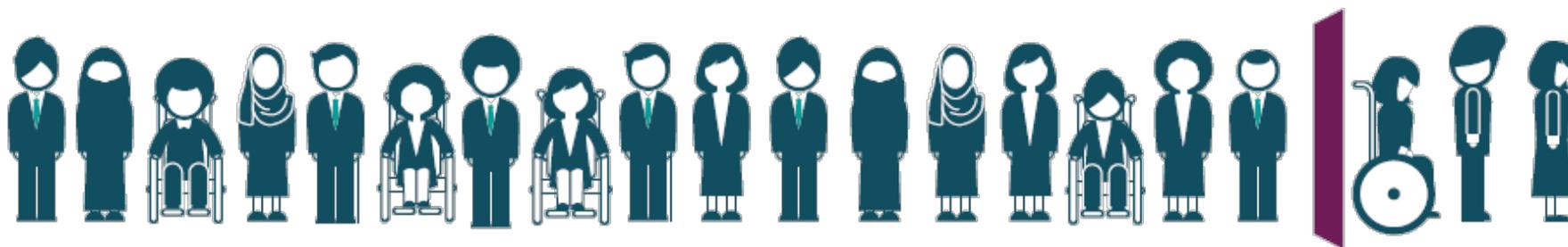
**More than a
1/4 of staff
experienced racist
name calling,
insults and jokes**

Racial Harassment (EHRC, 2019)

1 in 20 students said they left their studies due to racial harassment



3 in 20 staff said racial harassment caused them to leave their jobs



The Impact of difficult conversations about race at work

Racist name-calling is nothing special, everyone gets called names.

I'm not a racist but some cultures should adapt more.

Talking about race just puts ideas in people's heads.

I don't know enough about other cultures so I steer clear.

I am feeling uneasy...I have never had to think about the colour of my skin

I am sick of people throwing it in my face...

I don't see anyone's colour.

.Ethnicity? No, no ... I am White.

SCOTISH ASSOCIATION
FOR BETTER ETHNIC EDUCATION
samee



At Home but Not Alone

Well-Being Sessions

By

Marcia Edwards BSc (Hons), MAR

WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices... **Everyone has mental health.**

EMOTIONAL HEALTH?

Emotional health Our ability to accept and cope with our own and others feelings. It involves understanding and liking yourself

Emotional health Reflects a person's ability to express all emotions in a positive way and being able to talk about emotions and ask for help when needed

[Healthline.com/health/list-of-emotions](https://www.healthline.com/health/list-of-emotions)

EMOTIONS GOOD OR BAD?



Enjoyment – happy, joy, content, love, peace, satisfied



Sadness – lonely, heartbroken, gloomy, grieve, hopeless



Fear – worried, anxious, nervous, doubtful, desperate...



Anger – annoyed, frustrated, bitter, mad, irritated



Disgust – dislike, revulsion, loathing, offended, horrified

Emotions can be complicated. Some might feel intense, while others seem mild in comparison. You might feel conflicting emotions at any given time. But emotions can serve a purpose, even when they're negative.

Instead of trying to change the emotions you experience, consider how you react to them. It's usually the reactions that create challenges, not the emotions themselves.

[Healthline.com/health/list-of-emotions](https://www.healthline.com/health/list-of-emotions)

WHAT IS STRESS ?

We all know what it's like to feel stressed, but it's not easy to pin down exactly what stress means. When we say things like "this is stressful" or "I'm stressed", we might be talking about:



Situations or events that put pressure on us

for example, times where we have lots to do and think about, or don't have much control over what happens.



Our reaction to being placed under pressure

the feelings we get when we have demands placed on us that we find difficult to cope with

Mind UK

Stress is the “adverse reaction people have to excessive pressure or other types of demand placed on them”. *Health and Safety Executive (HSE)*

THE EFFECTS OF STRESS

How you may feel mentally and emotionally:

- | | |
|-------------------|-------------------------------|
| • Anxious | • Constant worrying |
| • Low self-esteem | • Lack of concentration |
| • Overwhelmed | • Difficulty making decisions |
| • Angry | • Racing thoughts |
| • Sad | • Frustration |



THE EFFECTS OF STRESS *CONTINUED*

Physical effects:

- Headaches

- Tiredness

- Muscle tension and chest pain

- Nausea and dizziness

- Shallow breathing

- High blood pressure

Behavioural effects:

- Outbursts of anger

- Restlessness and constant worrying

- Social withdrawal

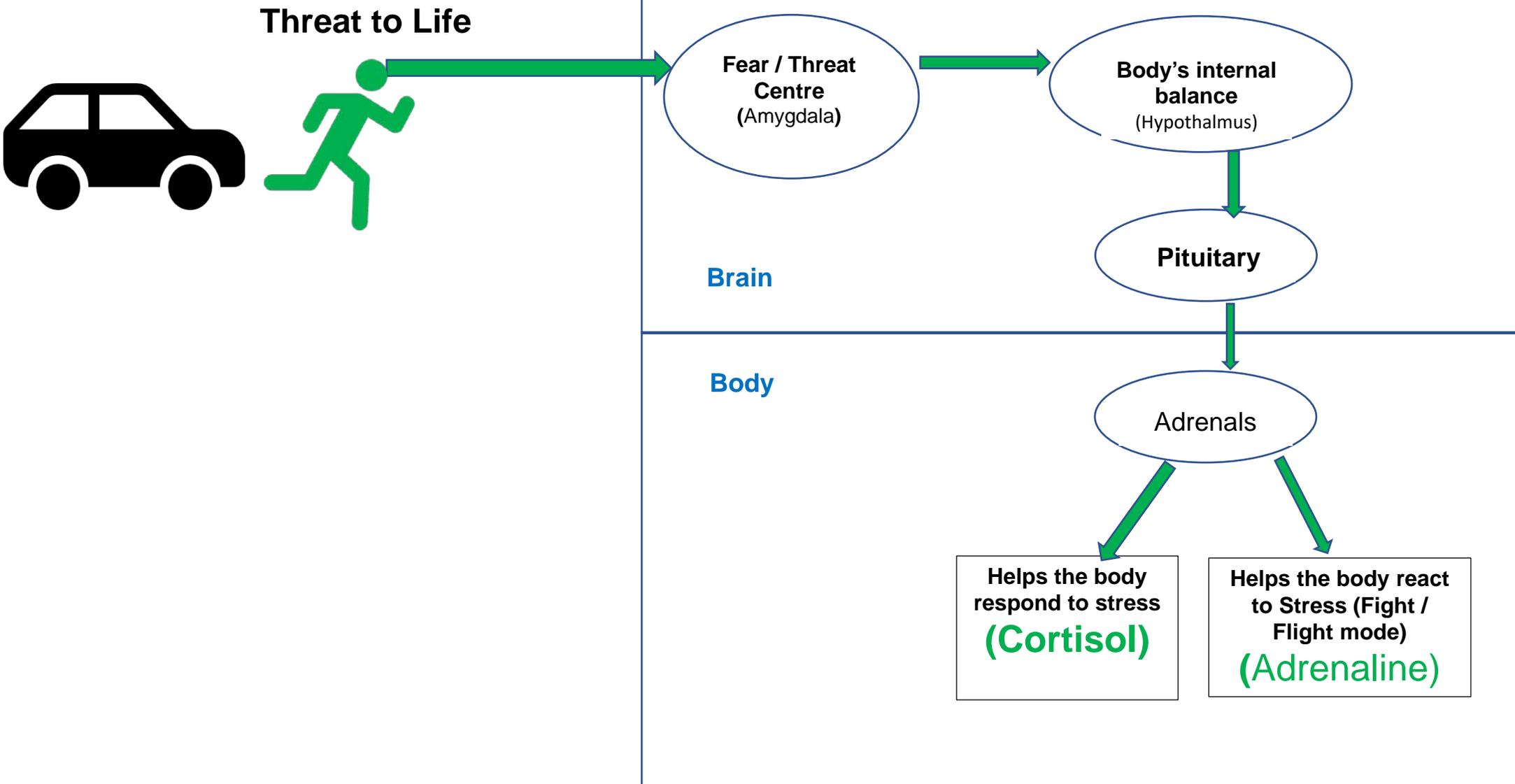
- Undereating or overeating

- Exercising less often than usual

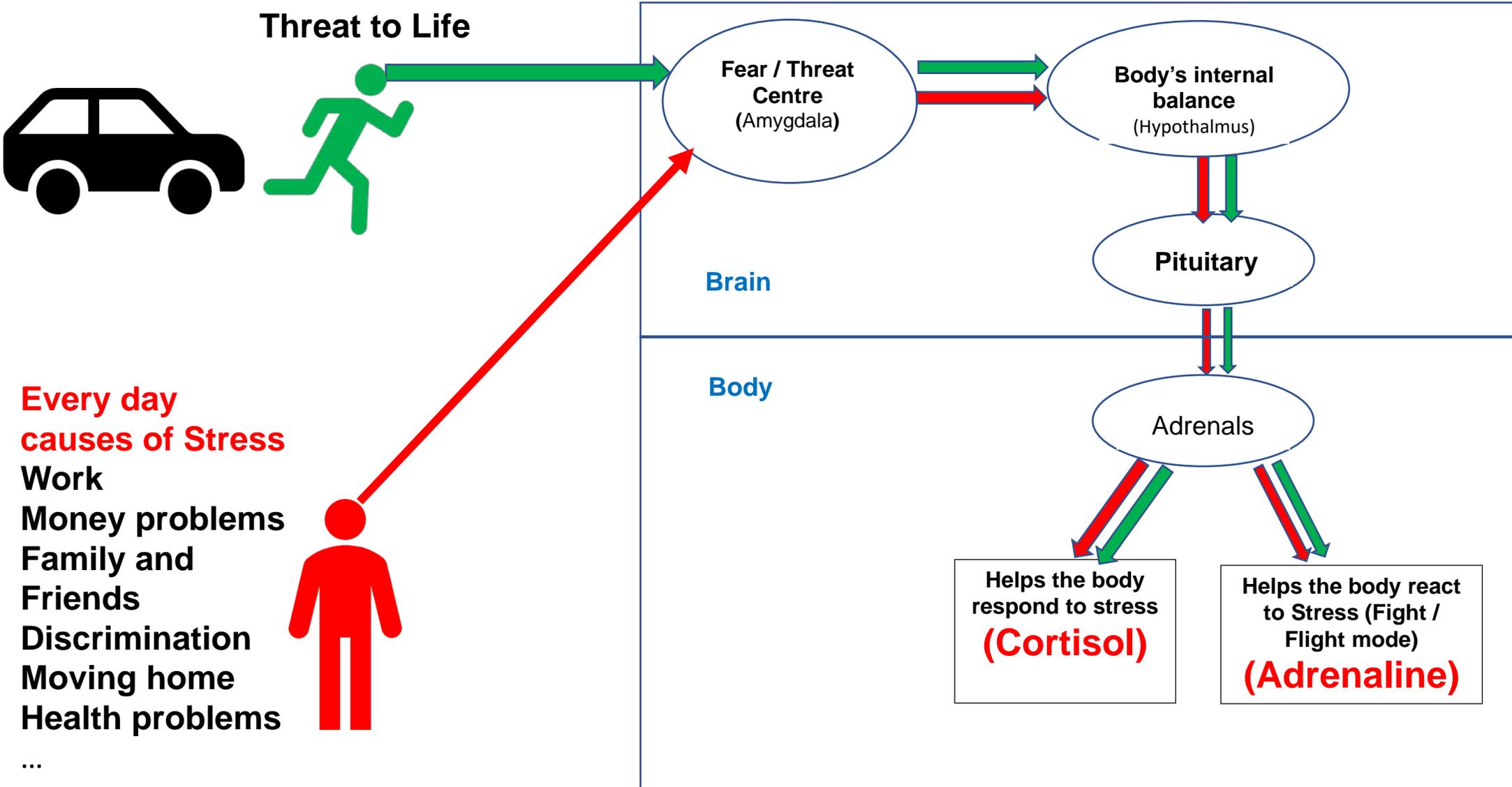
- Changes in sex drive



WHAT HAPPENS TO OUR BODY WHEN WE ARE STRESSED?



WHAT HAPPENS TO OUR BODY WHEN WE ARE STRESSED?



The Effects Of Adrenaline on the Body

Thoughts race

Breathing gets faster/ shallow

Heaviness or tightness in chest

Heart beats faster

Butterflies or tension in stomach

Body heats up

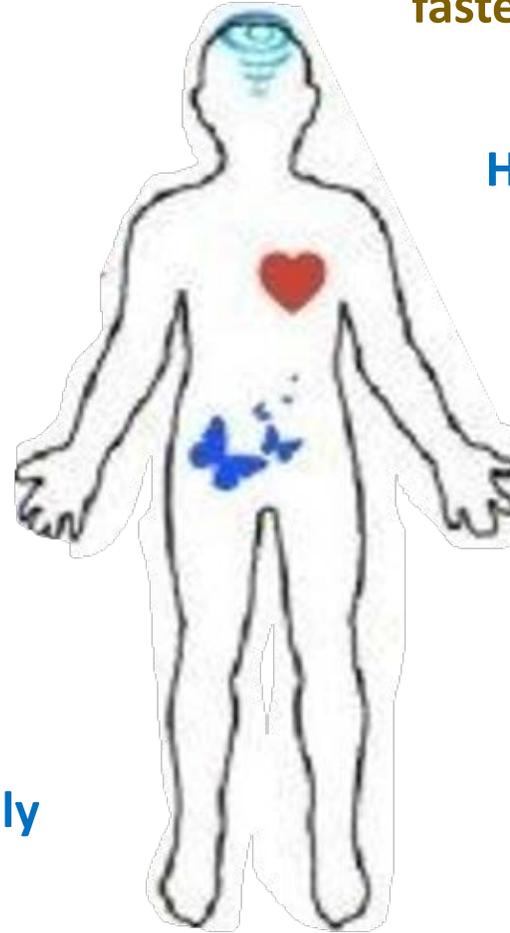
Muscles tense

Hands become sweaty

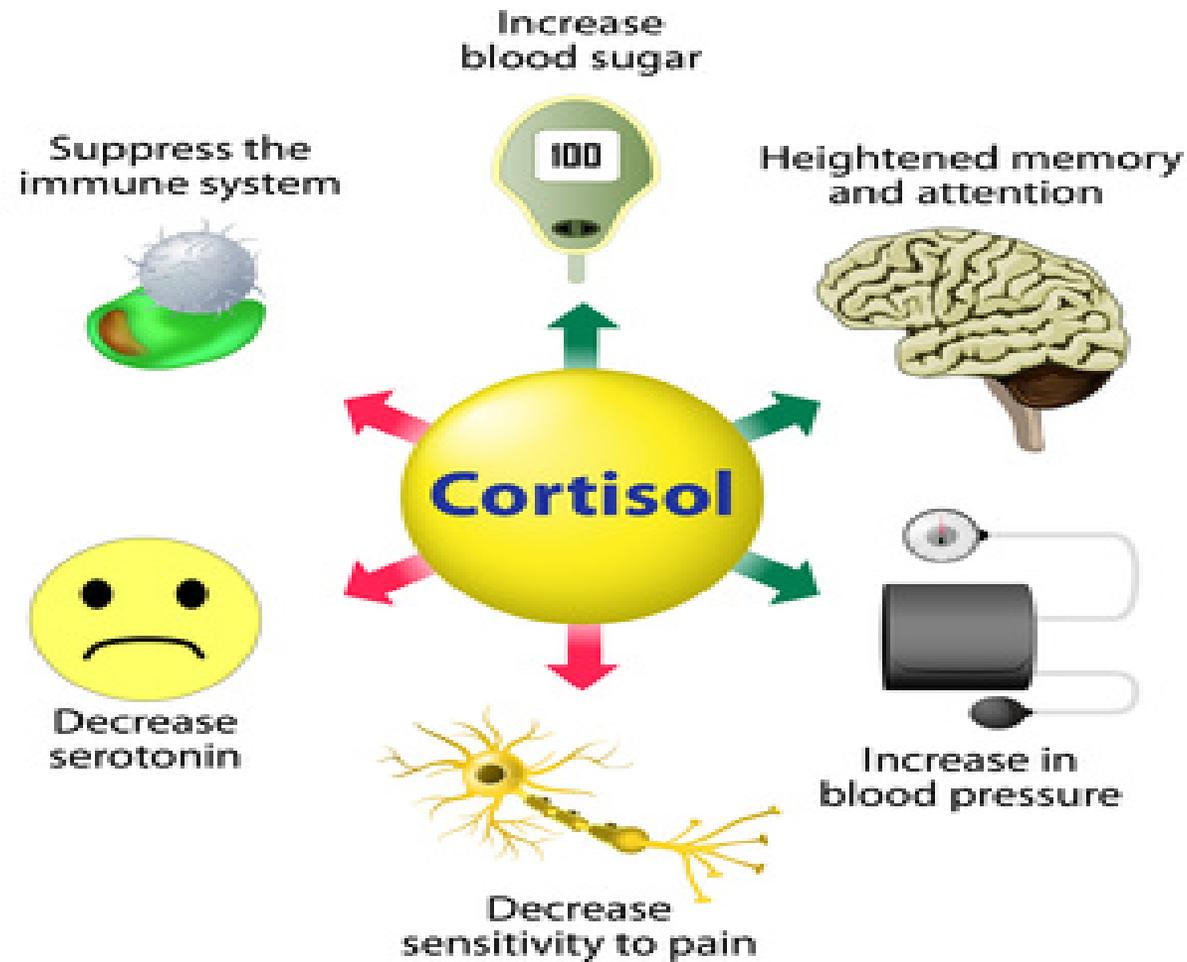
Legs feel wobbly

Digestions lows or ceases

Body gets ready for action



THE EFFECTS OF STRESS HORMONE CORTISOL ON THE BODY



THE EFFECTS OF STRESS *CONTINUED*

Lots of things can cause you to be stressed and this isn't something to be concerned about. However, the effects of long-term stress can put your health at risk. **The long term effects of stress can lead to:**

- Mental health conditions

- Cardiovascular problems

- Problems with your immune system

- Digestive problems

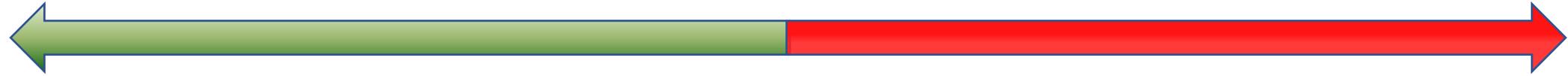
- Behavioural changes



MENTAL WELLBEING

Things we can do to help keep an excellent level of Mental Well Being 😊

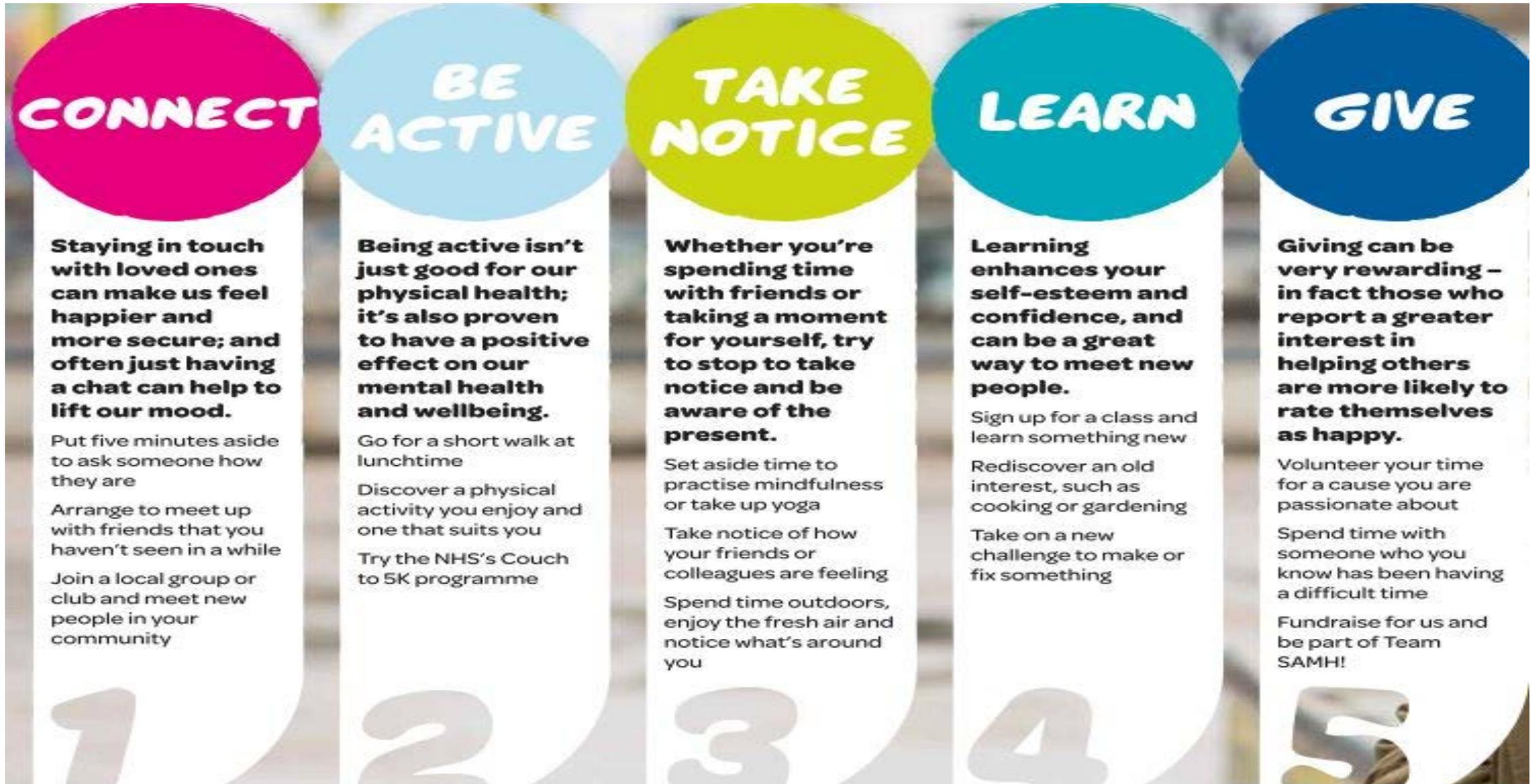
Low Level of Wellbeing



- ✓ **Relaxation**
- ✓ **Exercise**
- ✓ **Eating Well**
- ✓ **Sleeping Well**
- ✓ **Meditation or at least some deep breathing**
- ✓ **Spending more time with the people who are important to you**
- ✓ **Having fun**

- Stress
- Can lead to Mental Health difficulties such as Anxiety and Depression

NHS FIVE STEPS TO WELLBEING FROM <https://www.samh.org.uk/>



DEEP BREATHING EXERCISES

The lungs bring **oxygen** into the body when **breathing** in and send **carbon dioxide** out of the body when **breathing** out. **Carbon dioxide** is a waste gas produced by the cells of the body. The process of **breathing** in is called inhalation. The process of **breathing** out is called **exhalation**

Make yourself as comfortable as you can.

Try breathing in through your nose and out through your mouth.

Breathe in gently and regularly. Some people find it helpful to count steadily from 1 to 5. You may not be able to reach 5 at first.

Then, without pausing or holding your breath, let it flow out gently, counting from 1 to 5 again, if you find this helpful.

Keep doing this for 3 to 5 minutes or initially 10 deep breaths

<https://www.nhs.uk/conditions/stress-anxiety-depression/ways-relieve-stress/>

LESS STRESS IN 60 SECONDS FROM <https://www.samh.org.uk/>

1. Breathe

Take a long, deep breath in, feel your lungs expand like a balloon, hold for a moment, and then release slowly out through your mouth.

2. Laugh

Laughing increases your blood flow, boosts your ability to fight illness, and it feels really good.

3. Move

Jumping jacks, squats and burpees can all be done quickly. Moving relaxes the muscles, uses up adrenaline and releases chemicals that help depression.

4. Smile

Smiling releases chemicals that lower your blood pressure and increase relaxation.

5. Music

Listening to music can improve mood, reduce depression and anxiety, and boost self esteem. And singing has been found to reduce levels of stress hormones.

6. Stretch

Stress can make us tense. When we stretch our muscles relax, blood flow increases and endorphins are released.

7. Declutter

Feeling like we have too much can increase stress hormones and overload our sense. Try donating things you don't need to charity.

8. Thankful

Reflect on the things you're grateful for – people who do this regularly are less anxious, more engaged and have more fulfilling relationships.

9. Sigh

Relaxing your mouth and shrugging your shoulders sends a message to your brain to turn off stress hormones.

10. Nature

Even if you're not close to nature, just looking at photos of nature can reduce stress levels and improve self-esteem.

MY DAILY CHECKLIST TO IMPROVE MY MINDSET AND RESILIENCE

	In the Morning
01	Reminder of the best thing that happened to you yesterday
02	Mindfulness / Meditation Practice or take a few moments to take some deep breaths
03	Write down three things that you are grateful for
04	Write down at least one (ideally three) things that you love about yourself
05	Set the good intentions for the rest of the day
	At Bed-time / Evening
01	Write down the best thing that happened to you today 😊
02	If you wake up during the night, remember the best thing that happened to you today 😊

HELPLINES AVAILABLE

SAMEE – Scottish Association of Minority Ethnic Educators - <https://www.samee.org.uk/> - Community led organisation providing support to educators across Scotland, aiming to support the vision of Race Equality Framework for Scotland 2016-30.

Saheliya - <http://www.saheliya.co.uk/> - Specialist Mental health and wellbeing support organisation for black, minority ethnic, asylum seeker, refugee and migrant women and girls in Edinburgh and Glasgow

Mind - <https://mind.org.uk> – Promotes the views and needs of people with mental health problems

SAMH – <https://www.samh.org.uk> - Scottish Association of Mental Health – Support for anyone with a mental health problems or learning disabilities.

Breathing Space - <https://breathingspace.scot> – A free, confidential phone and web based service for people in Scotland experiencing low mood, depression or anxiety.

Anxiety UK – <https://anxietyuk.org.uk> Advice and support for people living with anxiety.

Depression UK – <https://depressionuk.org> – A self help organisation made up of individuals and local groups.

Fearfighter – <https://fearfighter.com> – A computer-based CBT programme for people who struggle with phobias or feelings of panic or anxiety.

CALM (Campaign Against Living Miserably) – <https://thecalmzone.net> – Listening services, information and support for men at risk of suicide so very focused on men’s mental health.

NHS Choices – <https://nhs.uk> Provides a wealth of information on treatments for depression available through the NHS.

Rethink Mental Illness – <https://rethink.org> – Advice and support for a range of mental health conditions.