

REST Rapid Embrace Self Therapy program

STRESS MANAGEMENT FOR EDUCATORS

& School Staff



BY

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Background

Stress levels among educators can vary widely, but studies have shown that teaching can be a highly stressful profession, due to various factors such as large class sizes, heavy workloads, low pay, lack of support, and high-stakes testing. Additionally, the COVID-19 pandemic has added unprecedented stress and uncertainty to the lives of many educators. This increased stress can lead to reduced job satisfaction and physical and mental health problems. Insurance industry data suggests stress is the biggest cause of staff absence (except for maternity). For many years now The Department for Education insists it is working "to tackle the issue of unnecessary workload which we know can lead to stress". The 2015 BBC has seen a survey of 3,500 members of the NASUWT teaching union which shows more than two-thirds of respondents considered quitting the profession in the past (and still in the present). The workload was the top concern, with 89% citing this as a problem. followed by pay (45%), inspection (44%), curriculum reform (42%) and pupil behaviour (40%). In addition: 83% had reported workplace stress and 67% said their job has adversely impacted their mental or physical health. Almost half of the three thousand respondents reported they had seen a doctor because of work-related mental or physical health problems... Let's now imagine what happened after Covid... as we well know situation sadly did not improve! "Four in every five teachers say that their workload and the stress of the job have increased and half of the teachers say that workload has negatively affected their physical and mental health"(NASUWT, 2022). To support the well-being of educators, it's important for schools and policymakers to provide adequate resources, training, and support to help manage stress levels.

What is stress?

Stress is a psychological and physiological response to perceived pressure or threat, typically involving activating the body's "fight or flight" system. Stress can result from various external factors such as work, relationships, or major life changes, as well as internal factors such as thoughts and emotions. Chronic stress can have negative effects on mental and physical health.

Stress is cumulative in nature.

Every stressful situation you confront compounds, and it builds over time, much like an investment in a tax-free security or pension plan. Stressful events compound over time until we can't handle them. We may sometimes react in a violent or hurtful way.

Hypnosis has been found to be an effective tool in reducing stress and anxiety in various populations, including educators. During hypnosis, individuals are guided into a relaxed state of consciousness where they are more open to positive suggestions and visualization. In this state, they can learn techniques to manage stress, reduce anxiety, and increase feelings of calm and relaxation. Hypnosis can help educators: overcome burnout and increase job satisfaction, improve sleep and manage physical symptoms

associated with stress, decrease anxiety levels and manage feelings of worry and tension, increase resilience and ability to cope with challenging situations, and improve focus and concentration for more effective teaching.

Hypnotherapists can teach somebody how to learn to relax. William James a philosopher at the turn of the 20th Century stated that a person " cannot experience stress and be relaxed at the same time." It takes time when one is experiencing stress to bring himself down to relaxation. It takes time when one is fully relaxed to bring them into a stressful state of mind and body. The more time we can get someone to devote to relaxation, the more compounding of relaxation in both their body and mind.

What is REST

REST – Rapid Embrace Self Therapy is a goal and solution-focused Hypnotherapy program created by Dorota Azimov who is a Clinical Hypnotherapist, Psychologist, Mindfulness Coach and Entrepreneur. REST is a combination of therapies and mindfulness thus approach offers quick and long 'or forever' lasting results. It is a vast but not exclusive goal & solution-focused approach, helping to address the root cause of problems, inevitably enabling clients to resolve even deep-rooted issues swiftly. REST is a program designed for individuals as well as groups. It has already proven to be an effective Hypnotherapy program for the management of anxiety and stress in key workers, as well as in corporate personnel.

To learn more about REST please visit: <https://dorotaazimov.com/what-is-rest/>

REST – elaborate stress management program for Educators (program design varies slightly depending on the type of booking e.g.: individuals, groups, corporate personnel, etc.).

The program is conducted over approximately three weeks and designed to give educators tools to manage their stress and build resilience. It is not a 'fix-all' issue program. A program may include (if beneficial to the group) a list of hypnosis recordings, which the Staff may be asked to listen to each day, this will reinforce the calm state and rid the Staff of any build-up of the little day-to-day tensions. Self-hypnosis will also be introduced.

Which school staff REST can help?

- Any staff within the school (head teachers, teachers, teaching assistants, learning mentors, admin support staff, lunchtime supervisors...)
- Are willing to engage with the program
- Are willing to make a CHANGE
- Have no history of psychosis, schizophrenia, dissociative identity disorder, borderline personality or any other serious mental illness
- Are not under the influence of drugs or alcohol during the sessions

What can REST help with?

- Managing work-related stress and anxiety
- Increase confidence and self-esteem
- Help to switch off from work
- Feeling calmer around OFSTED
- Managing challenging behaviour more calmly and not taking it personally
- Being more organised

This list is by no means exhaustive. If there is an issue not listed above, please get in touch to see if Dorota Azimov can help.

What's involved?

There is an initial 'informal' session for staff to attend which will discuss what hypnotherapy is/isn't, how the process works, what the aim of the session is, etc. Every staff member attending will need to complete a short confidential questionnaire and send it to Dorota Azimov (hello@dorotaazimov.com). Assuming there are no issues with any information provided, sessions will be arranged. Sessions will run for approximately 3 weeks in groups of a minimum of 6-10 people per group. Each session will be 1-1,5 hours long. As part of the process, each participant will be given homework and relevant online links to support their change. Attendance must be voluntary.

How to refer staff

If you are a school and would like to refer Staff (group or an individual) for the Stress management program, please contact Dorota Azimov who will send you the referral forms and provide you with more details.

Fees

Programs can be booked by the school and paid for in advance or in instalments (agreed upon). 10% discount for schools, first-time group booking (REST – Rapid Embrace Self Therapy Program). All fees must be paid by bank transfer prior to the start of the first session unless otherwise agreed. For more details please contact Dorota Azimov at hello@dorotaazimov.com . For your reference: the bank details are: Starling Business Account – Embrace Self Ltd | Sort code: 60-8371 | Account: 51202019|

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Questions or queries

Should any queries arise regarding the REST programs or any other aspect, please contact Dorota at 0772723385 or hello@dorotaazimov.com

