



Being HOS: Is it what you do or does it define who you are?

It's who we are, it's what we do

Everyone belongs

Relationships & connections

Collaboration & source of strength

Vulnerability

Authentic self



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Personal story

Focus on the head and heart

Unique circumstances – impact on identity

Important people & mindset

Deceit and sly cunning

Creative insubordination



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The Common Man

Seriousness of the job = Define self????

How does the HOS role define you (or other title)?

Healthy mental health applies to everyone

“Every child is one caring adult from success”

John Shipp



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So, what happens when the HOS role starts to change you?

Surround yourself with important people

Take control

Have the courage to ask the right questions

Challenge your thinking, adopt new perspectives

Meaningful change can be a very good thing.



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What's going on?

- Approximately **1 in 5 adults** in the U.S.—43.8 million, or 18.5%—experiences mental illness in a given year.
- Approximately **1 in 25 adults** in the U.S.—9.8 million, or 4.0%—experiences a serious mental illness in a given year that substantially interferes with or limits one or more major life activities.
- Approximately **1 in 5 youth aged 13–18** (21.4%) experiences a severe mental disorder at some point during their life. For **children aged 8–15, the estimate is 13%**.
- Paul Gionfriddo, president of [Mental Health America External link](#), says “My suspicion is, in future generations, we’ll continue to see more people who are diagnosed with depression at later ages who’ve never been diagnosed before simply because the environments in their lives have changed,”



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This is serious stuff, the numbers are on the rise

Nobody is immune

Stigma and attitude towards mental health

"I can deal with it myself"

School programs for kids and adults

Anyone can experience a mental health illness



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Setting the context

Circumstances (the job) vs. Identity (who you are)

Stigma and attitude towards mental health

“I can deal with it myself”

If you know me, I am the last person you would expect to be talking about mental health



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War stories

vs.

Extraordinary circumstances

- There is nothing we cannot accomplish
- Things will always work out if you are surrounded by smart people and remain connected with self

So, what is the difference?

Why is there a difference?

Why do some circumstances affect us more than others?

What is my story?



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Possible signs:

Sense of well being

Happiness

Relationships

Experiences that resonate

Don't recognize your reflection

Comments

Your schools need you to be healthy



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Relationships with friends and colleagues

The international school 'bubble'

Unique challenges, no escape

Friends or life

Impact on family and self

How do you manage this?



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Dear Jeff,

I am not sure whether you will like what you will read, but me being me, I have come to the conclusion that I want to write the letter anyway. I am concerned and I am worried, for you, for your health and well-being, and for the well-being of your family, and for the school. While it might be possible to continue pushing the limit for a while longer, I doubt that it will be sustainable in the long run. I observe from the fringe and what I am seeing is a runner at the speed of a sprint but running a marathon. I beg you to take better care of yourself.....



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.....You deserve the best, Jeff. You have done a lot for the school and all of us and I want to see you and your family well, happy, and healthy.....everything.

I am grateful for the courage of this colleague – impactful and probably my first wake up call the job was impacting on identity.....besides my family who I was not listening too.....



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Relationships with family

Have any of your families or significant others ever expressed concern that the HOS job is changing you?

Tough conversations

Kris

Anika

Kameron

They had my attention!



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Relationship with self

Work/life imbalance.....source of pride?

Focus on others.....neglect self?

Self-worth..... view of self?

Look in the mirror..... what do you see?

Are you honest.....with yourself?



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So, where am I now? What did I learn?

Need help of others
Check ego at the door
Be honest with self
Ask the difficult questions
Definition of self

Only you understand the healthy of the relationship between the HOS role and your identity.



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Pay attention to your mental health

Learn how your brain works

Balance job growth with identity growth

Take mental health seriously

Learn new strategies, challenge the stigma

What do you need?

Invest in maintaining a healthy you



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So, how am I now?

Family/Friends

Family

Self

Transition opportunities

Executive Coach:

“Take the time to understand how success will look in your role. Don’t let others define this for you.”

Neuro-therapist:

“Why would you not be more purposeful about paying attention and nurturing your mental health? Your brain like nobody else’s, don’t leave this to chance.”



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Transitions

Take control

Important people

Ask the right questions

Be honest with yourself

Choose to be vulnerable

Have the courage to look in the mirror- what do you see?

How would your family/friends say the HOS defines you?

Thank you