



Workshop: ‘Ba saúde sosiál no emosionál ema moris’

Estrategia oinsa maneja impaktu husi situasaun nebe halo stress todan no hamenus konflitu.

Professor John Toumbourou, November 2015

**Social and emotional wellbeing workshop.
Strategies to manage emotions to reduce stress and social conflict**

Bemvindu / Welcome



Manyhands International



Southern Cross Psychology



Deakin University Australia

Sumariu Programa noaprezentador/a

Outline of program and speakers

Etika Psycolojia

**Loron ohin oportunidade ba ita hodi
fahe informasaun pesoal
ita sei hahu hodi aseita regulamentu
balun iha fatin nee**

Psychology ethics

**There will be opportunities today to
share your personal information
We will start by agreeing on some
“house rules”**

Saida deit mak ita kualia sai iha grupu nee sei sai segredu grupu nian no sei la sai ba ema seluk.

Uja ita nia tempu servisu pesoal nian maibe sei ho seguru

Whatever someone decides to disclose is confidential to the group Safety.

Use your time to do some personal work but stay safe.

ami sei konvida ita atu bele fahe ita nia informasaun pesoal. Labele hatete sai saida mak seidauk klaru.

imi bele dehan- prefere hodi kompleta actividade nee hanoin mos ba ema seluk nebe hau kuinese.

We will invite people to share personal information

Don't share personal information if you are not sure.

You can say – preferred to complete that activity thinking about another person I know

Introdusaun

Ita nia naran no Organizasaun

**Saida mak ita hakarak aprende iha loron
ida nee?**

Introductions

Your name and organisation

What would you like to learn today?

Simulasaun: conflitu social (Joao and Maria)

Role play: A social conflict (John and Mary)

**Joao koalia hela telephone ba nia
membru servisu ida**

**John is talking on the phone to one of
his work staff**



Joao hateten: “Hau sei valorisa ema nebe dame na’in no trata ema seluk ho respeitu”

John says: “I value being a loving peaceful person who treats others with respect”



Maria hanesan Joao nia kaben. Nia hamos no muda Joao nia akua/botir hemu be nia. Joao hirus bainhira nia labele hetan nia hemu fatin.

Mary is John's wife. She is cleaning up and moves John's water bottle. John get's angry when he can't find it.



**Joao kaer Maria nia kabas hodi hakilar
“ita boot halakon hau nia botir no halo
hau demora atu ba servisu”.**

**John grabs Mary’s arm and shouts:
“You have lost my bottle and made me
late for work”**



Introdusaun ba livru servisu

Introduction to the workbooks

Ejersisiu tuir mai, ami sei husu ita hakarak ita nia resposta rasik iha livru servisu nee nia laran no fahe saida mak ita hakarak ho kolega seluk iha grupu ne nia laran

In the exercises that follow we will ask you to write your answers privately in your workbook and then share what you would like to with the wider group.

**Favor hakerek ita-nia resposta sira iha workbook nian.
Depois ita sei husu imi atu fahe.**

**P1 “Buat tolu nebe mak halo Maun John halo
problema?”**

**P2 “Buat tolu nebe ajuda Maun John atu sai ema dame
nain?”**

**Please write your answer in the workbook. Later we will
ask you to share.**

Q1 “Three things that caused John to become violent? “

Q2 “Three things that could help John to be peaceful?”

**Halo diskusaun iha grupu kiik kona ba
ita boot nia resposta**

**Please discuss your answers in small
groups**

**Halo diskusaun iha tomak kona ita boot
nia resposta.**

**Please discuss your answers with the
whole group.**

Record answers

Favor hakerek ita-nia resposta. Depois ita sei husu imi atu fahe tanba maski imi hakarak atu hamutuk ho ema seluk.

P3 “Saida mak moris sosiál no emosionál?”

P4 “Saida mak bele hadi'a ita-nia moris sosiál no emosionál?”

Please write your answer. Later we will ask you to share as much as you wish to with others.

Q3 “What is social and emotional wellbeing? “

Q4 “What could improve your social and emotional wellbeing? “

**Halo diskusaun iha grupu kiik kona ba
ita boot nia resposta**

**Please discuss your answers in small
groups**

**Halo diskusaun iha tomak kona ita boot
nia resposta.**

**Please discuss your answers with the
whole group.**

Record answers

Definisaun sosiál no emosionál emamoris nian

Definition of social and emotional wellbeing

**Sosiál no emocionál ema moris nian:
abilidade individual ka comunidade sira atu
desenvolve, moris iha harmonia ho ema
seluk no aredores ita hela ba, no atu muda
ita nia moris (Australian Aboriginal Health
Strategy)**

**Social and emotional wellbeing: the ability
of individuals or communities to develop,
live in harmony with others and the
environment, and to effect change
(Australian Aboriginal Health Strategy)**



komunidade

família

pesoál



personal

family

community

Jesus hatete: "uluk foti log husi ita-nia matan, no depois ne'e ó bele haree ho momoos atu foti speck husi ó-nia maluk nia matan." Mathew 7:5

Jesus said: "first take the log out of your own eye, and then you will see clearly to take the speck out of your brother's eye." Mathew 7:5.



Southern Cross Psychology

Dr Ruth and John Rudge

- Ita agora atu apresenta dalam pratika neébé ita bele halo asaun dame
- Dahuluk ita sei koalia kona-ba VALOR iha rejolusaun konflikto
- Saida mak valor?
- We are going to present on practical ways we can act peacefully
- First we will talk about VALUES in conflict resolution
- What are values?

- **Valor mak saida buat neébé klean liu iha ita nia fuan laran neébé ita moris hakarak lao tuir ba.**
 - **Valor mak saida mak ita hakarak atu luta ba**
 - **Valor mak saida fiar liu ba**
 - **Valor hanesan kompasu neébé fo ita dalan moris nian**
 - **Valor ida neé laos alvu**
 - **Alvu mak saida mak ita bele atinji no remata**
 - **Valor neé buat neébé boót liu**
-
- **Values are the things deep in your heart that you want your life to be about.**
 - **Values are what you want to stand for**
 - **Values are what truly matter to you**
 - **Values are like a compass that give our lives direction**
 - **A value is not a goal**
 - **Goals are something we achieve and finish**
 - **A value is much bigger**

Favor hakerek ita-nia resposta. Depois ita sei husu imi atu fahe tanba maski imi hakarak atu hamutuk ho ema seluk.

P5 “Saida mak ita-nia valór sira kona-ba konflitu?”

Please write your answer. Later we will ask you to share as much as you wish to with others.

Q5 “What are your values regarding conflict? “

**Halo diskusaun iha grupu kiik kona ba
ita boot nia resposta**

**Please discuss your answers in small
groups**

**Halo diskusaun iha tomak kona ita boot
nia resposta.**

**Please discuss your answers with the
whole group.**

Record answers

Ida parte seluk seminariu ohin loron ita sei apresenta telenta principal hat nebe bele hasae social no emosional ema moris nian.

In the next part of today's workshop we will present four core skills that can improve social and emotional wellbeing

Talenta hat hosi saúde sosiál no emosióal emania:

- planu**
- jestaun stress**
- komunikasaun**
- solusaun problema**

Four social and emotional skills:

- planning**
- stress management**
- communication**
- problem solving**

**Primeiru, nia husik retornu ba papel
halimar no haree saida mak akontese
bainhira João, no Maria uza sira-nia
abilidade sira-ne'e**

**First lets return to the role play and see
what happens when John and Mary use
these skills**

**Joao koalia hela telephone ba nia
membru servisu ida**

**John is talking on the phone to one of
his work staff**



Joao hateten: “Hau sei valorisa ema nebe dame na’in no trata ema seluk ho respeitu”

John says: “I value being a loving peaceful person who treats others with respect”



Maria para limpeza, no hakerek João nota ida "bele ne'e bolu hein ami husik hela iha minutu 10?" João para apelu, ajuda hamoos no hetan ninia bottle bee.

Mary stops cleaning up and writes John a note "can this call wait we leave in 10 minutes?" John stops the call, helps clean up and finds his water bottle.



**João no Maria bá la'ó ba ezersísiu no
diskuti kona-ba loron sira-nia**

**John and Mary go walking for exercise
and discuss their day**

Talenta hat hosi saúde sosiál no emosionál emana:

- planu**
- jestaun stress**
- komunikasaun**
- solusaun problema**

Four social and emotional skills:

- planning**
- stress management**
- communication**
- problem solving**

1. Planu

Ita boot sira iha planu estratejiku iha servisu fatin?

1. Planning

Do you have a strategic plan at work?

1. Planu

**Ita boot sira iha planu moris loron-loron
nia?**

1. Planning

Do you have a life plan?

**Planeamentu bele ajuda hamenus
presaun no aumenta moris ne'ebé
kontente no ajuda ami direktu la'ó tuir
ita-nia valór**

**Planning can help reduce stress and
increase happiness and help us live
guided by our values**

Teoria stress

Stress Theories.

**Saida mak halo stress bele
iha?**

What causes stress?

Stress eventual

Stressful events

stress
eventual
stressful
events



stress
emosaun
stressful
emotions

stress
eventual
stressful
events

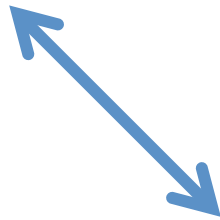


stress
emosaun
stressful
emotions

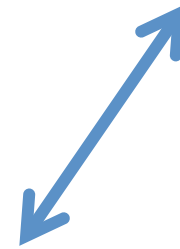
stress
eventual
stressful
events



stress
emotional
stressful
emotions



harmful
thoughts



**Evidensia saida mak sei
hatudu hodi hatun eventu
nebe halo stress ho efetivu?**

**What does the evidence
show to be effective in
reducing stressful events?**

September 2000

Objetivu Dezemvolvimentu Milleniu husi Nasoens
Unidus

United Nations Millennium Development Goals

Delivering on the Global Partnership
for Achieving the Millennium
Development Goals



UNITED NATIONS

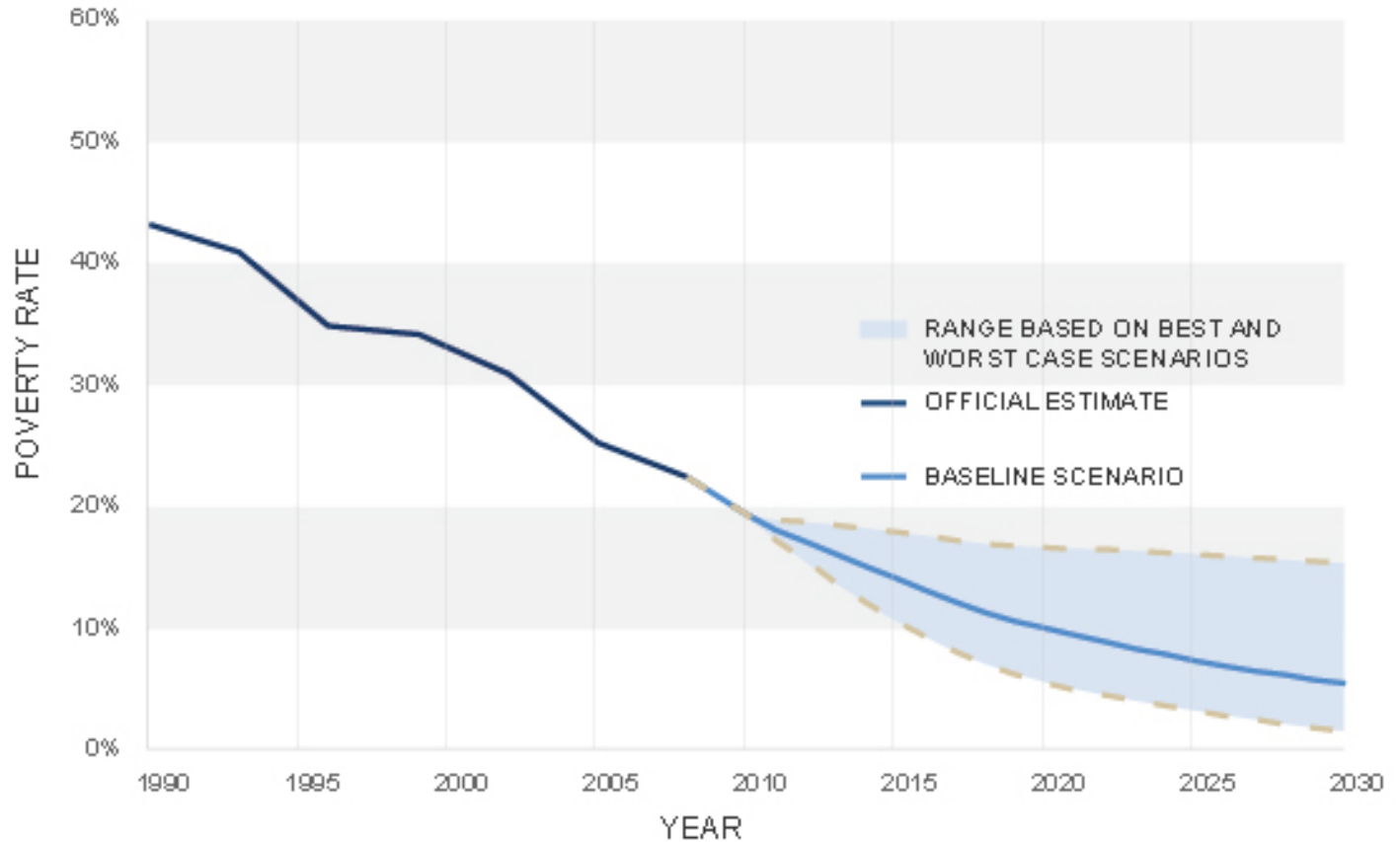
MDG Gap Task Force
Report 2008

hatun numeru kiak nebe signifikante
\$US1.25 loron ida

**reduce extreme poverty \$US1.25 a
day**

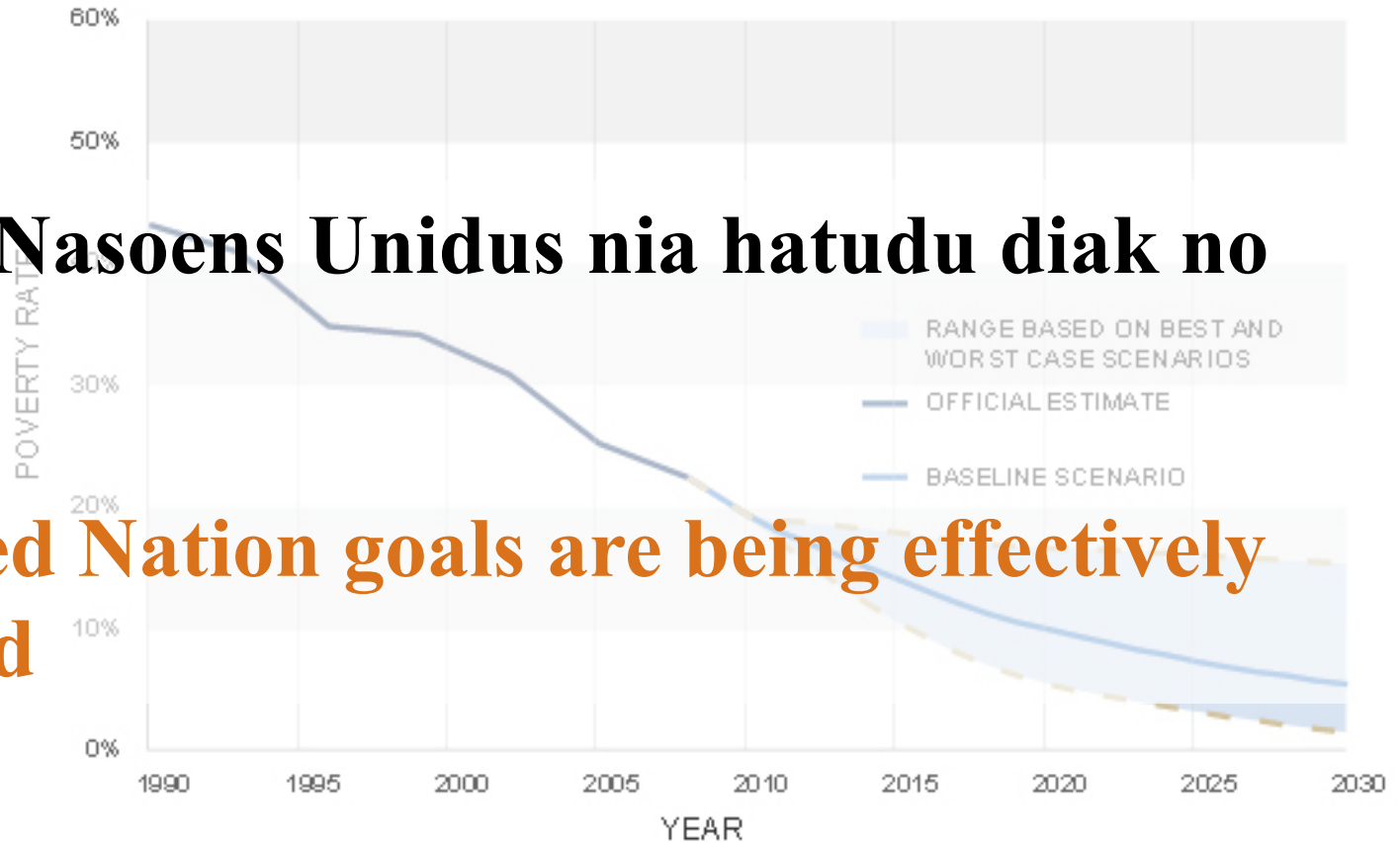
\$US 1.25
per day

Global poverty trajectory based on alternative scenarios for consumption growth and distribution



<http://filipspagnoli.wordpress.com/stats-on-human-rights/statistics-on-poverty/statistics-on-poverty-and-absolute-income-levels/>

Global poverty trajectory based on alternative scenarios for consumption growth and distribution



Objetivu Nasoens Unidus nia hatudu diak no efetivu

The United Nation goals are being effectively performed

**Saida mak ita bele halo iha ita
nia moris rasik hodi halo servisu
diak liu tan?**

**What can we do in our own lives
to work more effectively?**

**Atu halo servisu diak liu tan ita
bele:**

- Hadiak plano no jestaun tempu

To work more effectively we can:

**- Improve planning and time
management**

**Atu halo servisu diak liu tan ita
bele:**

**- Hadiak ita nia kostume saude
(hahan, ejersisiu, toba, alcohol,
no uja tabaco)**

To work more effectively we can:

**- Improve our health behaviours
(food, exercise, sleep, alcohol.
Tobacco use)**

Atu halo servisu diak liu tan ita bele:

**- Hadiak ita nia abilidade sosial
(dezemvolve relasaun positivu,
aprende kona ba inan aman nebe
diak, sai lideransa diak)**

To work more effectively we can:

**- Improve our social skills (develop
positive relationships, learn about
effective parenting, be a wise leader)**

**Dala ruma ita-nia planu sira-ne'e lori
ba fallansu**

Sometimes our plans lead to failure

**Failansu planu bele halo ema aprende
liu tan ka bele lori ema ba emosaun
nebe ladiak-depende ba liafuan ema
usa hodi deskreve failansu ne**

**Failed plans can lead to learning or to
negative emotions – depending on
the words we use to describe failure**

**Atu sae bisikleta ho diak ita boot
tenke iha esperiensa hosi monu
tamba ida ne'e mak dalan aprende
atu hetan balansu**



**To ride a bike you have to experience
failure and falling because that is the
only way to learn balance**

**Dala ruma ita tenke fó perdua ba ita-
nia an no ema seluk atu iha paz**

**Sometimes we have to forgive
ourselves and others to be at peace**

**Atu alkansa planu liu no jeneroza ita
tenke haree la hanesan oportunitade
aprendizajen ne ' ebé valór boot ida
no iha abilidade ne ' ebé di'ak ba jere
presaun**

**To achieve optimistic and generous
plans we have to see failure as a
learning opportunity and have good
stress management skills**

Talenta hat hosi saúde sosiál no emosióal emana:

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- solusaun problema

Four social and emotional skills:

- planning
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- communication
- problem solving

**Favor hakerek ita nia resposta iha livru servisu nee.
Depois ami sei husu ita atu fahe ba ema seluk
P6 “Saida mak efikás ba imi iha jestaun presoun?”**

**Please write your answer in the workbook. Later we will
ask you to share**

Q6 “What is effective for you in managing stress?”

**Halo diskusaun iha grupu kiik kona ba
ita boot nia resposta**

**Please discuss your answers in small
groups**

**Halo diskusaun iha tomak kona ita boot
nia resposta.**

**Please discuss your answers with the
whole group.**

Record answers

Hasae konesement resposta ba ita nia isin lolon

Increasing awareness of our body's response

**Tensaun isin lolon, uza dada iis,
esplora isin lolon.**

**Aktividade: motivasaun ba isin
lolon, dada iis.**

*body tension, use of breath, body scan.
Activities: body scan, breath work*



Many Hands International
culture based community development

**Dr João no Rute Rudge sei harii abordajen
sira ne ' ebé atu fó enfaze jestaun**

**Dr John and Ruth Rudge approaches to
stress management**

TERAPIA ASEITASAUN NO KOMITMENTU– ACT (ACCEPTANCE AND COMMITMENT THERAPY)

Mota no mota ninin – dalam atu hakat sai husi ita nia hanoin no sentimentu no sai husi konflikту no hare dalam klaro liu tan hodi responde ba situasaun ruma

- Iha konflikту laran – wainhira iha mota laran

ACCEPTANCE AND COMMITMENT THERAPY – ACT

The river and the river bank - a way of stepping out of our thoughts and feelings and out of conflict and seeing a wise way to deal with a situation

- In conflict - is in the river

HAKAT SAI HUSI MOTA

STEP OUT OF THE RIVER



- Iha mota laran ita sei - mantein ho visaun ida deit, laiha hanoin flexibilidade, la hare visaun seluk, ita haluhan ita nia valor sira
- In the river we are –
- Stuck in a point of view
- Inflexible thinking
- Cannot see other points of view
- We have forgotten our values

Talenta hat hosi saúde sosiál no emosióal emania:

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- solusaun problema

Four social and emotional skills:

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violence prevention the evidence

Overview



World Health
Organization

violence prevention the evidence

Preventing violence by developing life skills in children and adolescents

Series of briefings on violence prevention

This briefing for advocates, programme designers and implementers and others is one of a seven-part series on the evidence for interventions to prevent interpersonal and self-directed violence. The other six briefings look at reducing access to lethal means; increasing safe, stable and nurturing relationships between children and their parents and caregivers; reducing availability and misuse of alcohol; promoting gender equality; changing cultural norms that support violence; and victim identification, care and support.

For a searchable evidence base on interventions to prevent violence, please go to: [WWW.preventviolence.info](http://www.preventviolence.info)

For a library of violence prevention publications, including the other briefings in this series, please go to:
<http://www.who.int/violenceprevention/publications/en/index.html>

Maria hanesan Joao nia kaben. Nia hamos no muda Joao nia akua/botir hemu be nia. Joao hirus bainhira nia labele hetan nia hemu fatin.

Mary is John's wife. She is cleaning up and moves John's water bottle. John get's angry when he can't find it.



PRATIKA

Afirmasaun

Uainhira O sente ida ne'e

PRACTICE

I – statements

When you do that I feel

PRATIKA

**hateten fali buat nebe hau
rona**

PRACTICE

Reflective listening

Talenta hat hosi saúde sosiál no emosióal emana:

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Four social and emotional skills:

- planning
- stress management
- communication
- problem solving

**Identifika situasaun problema
Nian buka nia solusaun no
Halo avaliasaun ba solusaun
sira ne**

**Identify the problem situation
Generate solutions
Evaluate solutions**

**Identifika situasaun problema
Nian buka nia solusaun no
Halo avaliasaun ba solusaun
sira ne**

**PRACTICE: John and Mary
Identify the problem situation
Generate solutions
Evaluate solutions**