

HARMONIA PSYCHE

Mental health, resilience and
work-life balance

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Practical support for teachers and career counsellors



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HARMONIA PSYCHE
pracownia terapeutyczno-rozwojowa

Therapeutic & personal development studio

English translation of the Polish website tagline

THE CHALLENGE

Supporting the people who support others

Work demands, constant interpersonal contact and difficult emotions can accumulate.

WHY IT MATTERS

- High responsibility and time pressure
- Emotionally demanding interactions
- Long-term stress and limited recovery
- Risk of occupational burnout

Recognising early signs is the first step towards prevention.



ORIGINAL MY HAND-DRAWN ARTWORK

Burnout stages

- 01 Exhaustion**
Feeling drained and overwhelmed
- 02 Depersonalisation**
Growing emotional distance
- 03 Reduced accomplishment**
Feeling less effective at work

THE TARGET GROUP

Teachers and school career counsellors

The initiative begins with identifying needs related to stress, overload and well-being.

WHO?

Teachers and school-based career counsellors

WHAT NEEDS ATTENTION?

- Stress and overload
- Work-life imbalance
- Emotional resilience

Needs assessment is the starting stage.



Individual factors - English translation

Perfectionism

Low self-efficacy

Passivity

Uncertainty

Low sense of self-worth

Low self-esteem

Defensive attitude

Avoidance

Withdrawal

THE PURPOSE

One shared goal: stronger psychological resilience

Supporting well-being helps educators protect their energy, motivation and confidence.

01 Manage stress

Simple, everyday self-regulation

02 Prevent burnout

Recognise strain and recover

03 Improve balance

Make room for personal life

04 Build confidence

Strengthen a sense of agency

05 Restore motivation

Rediscover satisfaction at work

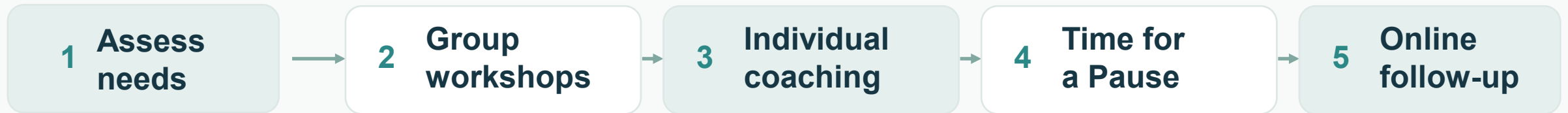
Well-being is something we can practise.

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PROGRAMME DELIVERY

From needs assessment to daily practice

A practical support pathway combining workshops, individual help and ongoing online resources.



PSYCHOEDUCATION

Workshop talks and guided group learning



MINDFULNESS & RELAXATION

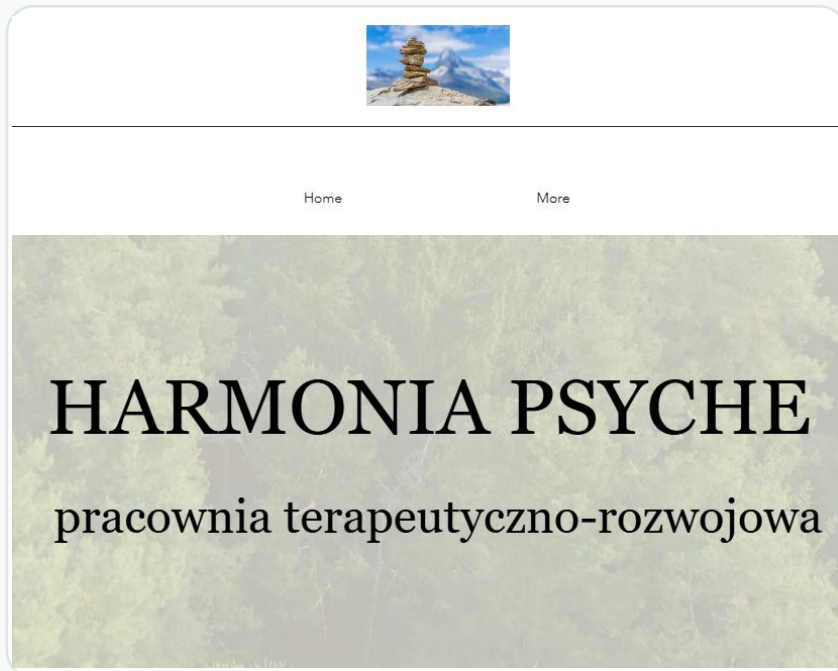
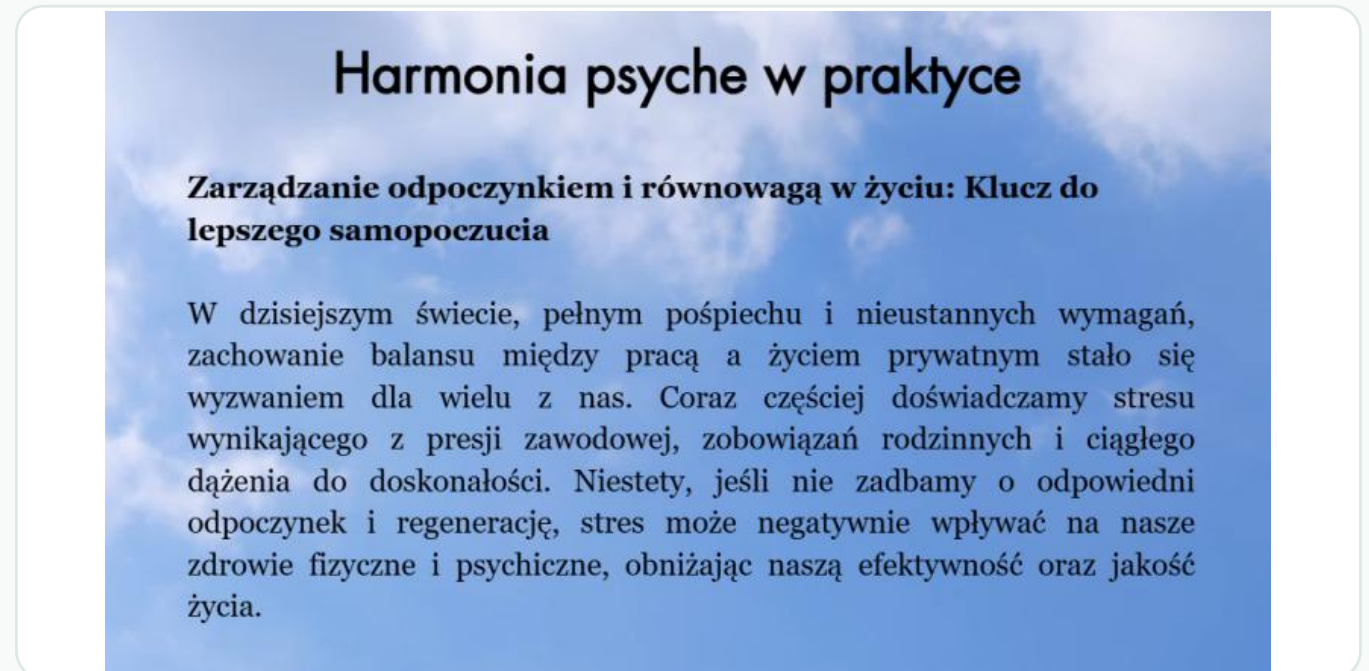
Breathing, body awareness and relaxation exercises

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FREE DIGITAL SUPPORT

Harmonia Psyche online

Resources remain available even after the workshops have finished.



English article title: "Rest and balance in life - keys to better well-being."

WEBSITE

Free tools and materials

BLOG

Psychoeducation in practice

SOCIAL CHANNELS

Recordings and practical tips

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A PRACTICAL TOOL

Stress self-check questionnaire

Original Polish graphic and English translation of the five example statements.

KWESTIONARIUSZ POZIOMU STRESU

ODPOWIEDZ NA PONIŻSZE PYTANIA, WYBIERAJĄC ODPOWIEDŹ, KTÓRA
NAJLEPIEJ OPISUJE TWÓJ AKTUALNY STAN:

SKALA ODPOWIEDZI: 1: NIEWIELKI POZIOM STRESU · 2: ŚREDNI POZIOM STRESU · 3: WYSOKI POZIOM STRESU

SYTUACJE STRESOWE:

GDY MUSZĘ POGODZIĆ OBOWIĄZKI ZAWODOWE Z RODZINNymi, ODCZUWAM SILNY STRES
LUB ZMĘCZENIE: 1 ☐ 2 ☐ 3 ☐

MAM TRUDNOŚCI Z WYPEŁNIANIEM CODZIENNYCH OBOWIĄZKÓW W PRACY: 1 ☐ 2 ☐ 3 ☐

W MOMENCIE, GDY OTRZYMUJĘ NEGATYWNĄ INFORMACJĘ ZWROTNĄ OD PRZEŁOŻONYCH,
ODCZUWAM INTENSYWNY STRES I ZNIECHĘCENIE: 1 ☐ 2 ☐ 3 ☐

UTRZYMANIE RÓWNOWAGI MIĘDZY PRACĄ A ŻYCIEM OSOBISTYM JEST DLA MNIE TRUDNE:
1 ☐ 2 ☐ 3 ☐

GDY DOSTAJĘ DODATKOWE ZADANIA OD PRZEŁOŻONYCH, ODCZUWAM NAPIĘCIE: 1 ☐ 2 ☐ 3 ☐

Original questionnaire from the initiative

RATE EACH STATEMENT

1 = Low stress · 2 = Moderate stress · 3 = High stress

- 1 Balancing work and family duties causes me strong stress or fatigue.
- 2 I find it difficult to complete my everyday work tasks.
- 3 Negative feedback from supervisors causes intense stress and discouragement.
- 4 Maintaining work-life balance is difficult for me.
- 5 Additional tasks from my supervisor make me feel tense.

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AN AUTHOR-CREATED TOOL

STOP STRESS - four simple steps

An English adaptation of the original Polish “Karta STOP STRES”.

S

See how you feel

Pause when you notice stress.
Focus on what you are experiencing.

T

Take a breath

Breathe in slowly and breathe out.
Return your attention to breathing.

O

Observe your emotions

Name your feelings: frustration, fatigue, or helplessness.

P

Plan your next step

Choose one helpful action: a break, a conversation, or a small task.



Original Polish STOP STRESS card (shown at left); English action steps above.

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CREATIVE LEARNING FORMATS

Guided relaxation: use nature to slow down

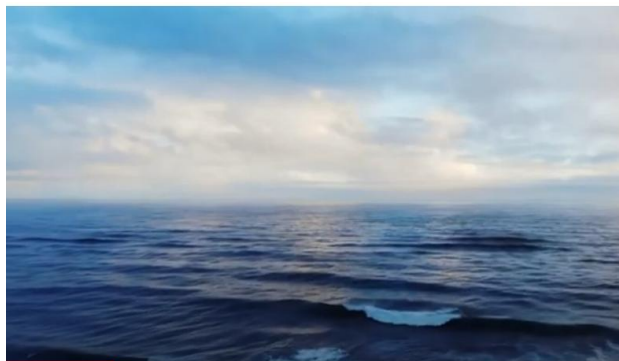
Author-created recordings combine breathing, meditation and visual imagery.



**Jacobson
relaxation &
breathing**
[WATCH ON
YOUTUBE ↗](#)



**Golden Tree
meditation**
[WATCH ON
YOUTUBE ↗](#)



**Journey to
Yourself**
[WATCH ON
YOUTUBE ↗](#)



**Ocean
meditation**
[WATCH ON
YOUTUBE ↗](#)

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THE REPORTED RESULTS

What participants said after six months

The original project summary describes follow-up and ongoing evaluation.

≈80%

**reported improved
work-life balance**

Higher job satisfaction

**Fewer reported burnout
symptoms**

Participants continue to use online
recordings and exercises.

Note: results are reported in the original project description; sample size and evaluation method were not provided.

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LOOKING AHEAD

Ocean of calm - a concept for restorative breaks

A proposed calm space in the workplace, inspired by the sea.

FUTURE IDEA

**Imagine a short break by the coast
- without leaving the workplace.**

- Gentle sounds of waves
- Calming images of water and light
- A few moments of quiet and recovery



Source image: "Ocean meditation" video by
Harmonia Psyche

THE KEY TAKEAWAY

**To support others,
we must also
care for ourselves.**

Small pauses can build stronger resilience.



**Explore the free
resources**

[Harmonia Psyche website](#)

[YouTube: @NikaMitrowska](#)

[Facebook: Harmonia Psyche](#)