

HEALTH & WELLNESS



ASCOT
INTERNATIONAL SCHOOL
EST. 1995

Contents

Therapists & Counsellors
Alternative Treatments
Mindfulness Apps for teachers and students
Stress Relieving Activities in Bangkok
Podcasts for teachers
Books on self-care & wellbeing
Resources you might find useful
The Wellbeing Team and our purpose

THERAPISTS & COUNSELLORS BANGKOK



LIGHTHOUSE HUMAN SERVICES & CONSULTING

PROVIDING INDIVIDUAL COUNSELLING, PSYCHOTHERAPY, RELATIONSHIP AND MARRIAGE COUNSELLING, LIFE COACHING, ADDICTION TREATMENT (DRUG, ALCOHOL AND SEX), AND PSYCHOLOGICAL SERVICES SUCH AS ADHD ASSESSMENTS. MOREOVER, DR MASON SPEAKS ENGLISH, THAI AND GERMAN

CONTACT



BANGKOK COUNSELLING SERVICE CO. LTD

BANGKOK COUNSELLING SERVICE (BCS) OFFERS PSYCHOLOGICAL AND MENTAL HEALTH SUPPORT, COUNSELLING, AND PSYCHOTHERAPY TO INDIVIDUALS, COUPLES, FAMILIES, YOUNG PEOPLE, AND GROUPS IN BANGKOK AND THE SURROUNDING AREAS. THERAPEUTIC SERVICES ARE PROVIDED BY PROFESSIONALLY TRAINED AND ACCREDITED COUNSELLORS AND PSYCHOTHERAPISTS WHO LIVE FULL-TIME IN BANGKOK. SESSIONS IN ENGLISH & THAI.

CONTACT



BANGKOK PSYCHOLOGICAL SERVICES

BANGKOK PSYCHOLOGICAL SERVICES (BPS) IS A PRIVATE PSYCHOLOGICAL AND THERAPY PRACTICE FOUNDED BY PSYCHOLOGIST/ PSYCHOTHERAPIST DR NATALIE CHANTAGUL. BPS OFFERS A WIDE RANGE OF PSYCHOLOGICAL AND THERAPY SERVICES, SUCH AS INDIVIDUAL, FAMILY AND GROUP THERAPY, CLINICAL SUPERVISION AND PARTNERSHIP AND EXECUTIVE COUNSELLING (EAP), FOR ADULTS AND CHILDREN.

CONTACT



MINDMATTERS COUNSELING AND PSYCHOTHERAPY

AT MINDMATTERS COUNSELING AND PSYCHOTHERAPY, DR SIMONE NEGRINI, A MENTAL HEALTH CONSULTANT, PSYCHOLOGIST AND CBT THERAPIST, OFFERS COUNSELLING AND PSYCHOTHERAPY PRACTICES. THE PRACTICES ARE OFFERED TO ASSIST YOU WITH MENTAL HEALTH CONDITIONS SUCH AS DEPRESSION, ANXIETY AND BIPOLAR DISORDERS AND NAVIGATING LOVE AND RELATIONSHIP ISSUES.

CONTACT



THERAPISTS & COUNCELLORS BANGKOK



LIGHTHOUSE HUMAN SERVICES & CONSULTING

MY NAME IS SAMANTHA PRYOR AND I AM A PSYCHOTHERAPIST BASED IN BANGKOK, THAILAND.

MY AIM IS TO PROVIDE A SAFE, NON-JUDGEMENTAL ENVIRONMENT WITHIN WHICH TO EXPLORE YOUR THOUGHTS, FEELINGS AND EMOTIONS WHILST PROVIDING YOU WITH CONSTANT EMPATHY, HONESTY AND UNCONDITIONAL POSITIVE REGARD.

HAVING RELOCATED IN NOVEMBER 2010 I HAVE CHOSEN TO SUPPORT PEOPLE FACING THE CHALLENGES ASSOCIATED WITH EVERYDAY LIFE IN BANGKOK. AS A SUPPORTING EX-PAT PARTNER MYSELF, I RECOGNISE THE ISSUES ENCOUNTERED WHEN RELOCATING, HOW THE EXPERIENCE OF ANOTHER CULTURE AND LANGUAGE CAN BE DAUNTING WHILST ALSO COPING WITH THE LOSS OF A VALUED SUPPORT SYSTEM.

I CAN ASSIST WITH PAST AND PRESENT ISSUES, INCLUDING RELATIONSHIPS, COPING WITH CHANGE, STRESS, DEPRESSION, SELF-ESTEEM, GRIEF AND LOSS, SELF-DEFEATING BEHAVIOURS AND PHYSICAL AND EMOTIONAL ABUSE.

CONTACT



BRITTANY ELIZABETH (ASCOT)

Hello! My name is Brittany Elizabeth and I'm an English-speaking helping professional who provides counseling services here in Bangkok. My work involves guiding children, adolescents, and adults in managing crises, transitions, relationships, and everyday life challenges. I'm trained as a culturally-responsive helper and my practice is based on person-centered, solution-focused, and CBT theories. I've worked extensively with queer-identifying individuals and I'm a part of the LGBTQIA+ community myself. My partner and I are long-term expats, so I understand the challenges inherent in transient and culturally diverse communities such as this. I'm here to listen, support, and facilitate insight around your most pressing past, present, or future challenges. I'm currently pursuing my LPC with Lehigh University in Pennsylvania.

CONTACT



ALTERNATIVE TREATMENTS BANGKOK



CAI HAN ACUPUNCTURE CLINIC

ACUPUNCTURE POINTS ARE BELIEVED TO STIMULATE THE CENTRAL NERVOUS SYSTEM. THIS, IN TURN, RELEASES CHEMICALS INTO THE MUSCLES, SPINAL CORD, AND BRAIN. THESE BIOCHEMICAL CHANGES MAY STIMULATE THE BODY'S NATURAL HEALING ABILITIES AND PROMOTE PHYSICAL AND EMOTIONAL WELL-BEING.

CONTACT



NIRAAMAYA CENTRE

OUR GOAL AT THE NIRAAMAYA CENTRE IS TO HELP YOU FACILITATE A HEALTHY AND HARMONIOUS BALANCE IN YOUR PHYSICAL, EMOTIONAL AND PSYCHOLOGICAL BEING. THROUGH A COMBINATION OF HOMEOPATHY, HOLISTIC COUNSELING, NATUROPATHY, AND TRADITIONAL CHINESE MEDICINE WE HAVE EXPERIENCE AND SUCCESS IN TREATING A BROAD RANGE OF PHYSICAL AND EMOTIONAL AILMENTS.

CONTACT



NATURAL HEALING CENTER (THAI CHIRO)

ORTHOPEDIC TREATMENT FOR MUSCLE AND NERVE SYMPTOMS BY MEDICAL PROFESSIONALS FROM AMERICA. CHIROPRACTIC CARE IMPROVES YOUR MENTAL HEALTH, NEUROLOGICAL HEALTH, MUSCLE STRENGTH, FLEXIBILITY, AND RANGE OF MOTION. IT PROMOTES RECOVERY, IMPROVES IMMUNE RESPONSE, PROVIDES YOU WITH MORE ENERGY, AND IMPROVES YOUR MOOD.

CONTACT



SUVARNAVEDA WELLNESS (AYURVEDIC)

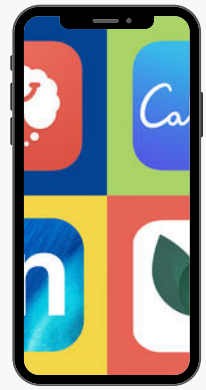
FOR THE PAST 6 YEARS SUVARNAVEDA HAS-BEEN SERVING PEOPLE FROM AROUND THE WORLD WITH ITS PROVEN HERBAL REMEDIES & AUTHENTIC ANCIENT AYURVEDIC THERAPIES. THE EXTREMELY EFFECTIVE & INGENUOUSLY DESIGNED NATURAL HEALTH SERVICES & DETOX PROGRAMS ALONG WITH PROVEN HERBAL FOOD SUPPLEMENTS QUICKENS THE TRANSFORMATION & RECOVERY PROCESS.

CONTACT



MINDFULNESS APPS

FOR TEACHERS AND STUDENTS



Click pics for app

Calm



- Guided meditations.
- Sleep stories and meditations.
- Soothing nature scenes.
- Calming music.
- Calm Kids section with meditation sessions designed for specific age groups.

[Teacher Resources Link](#)

Headspace



- Free meditation exercises and resources for every age group.
 - Hundreds of guided meditations for stress and focus.
 - Sleepcasts, sleep sounds and sleep music.
 - Inspiring videos and quick workouts.
 - Access to exclusive Facebook group “Headspace for Educators.”
 - Group meditations and more.
-

My Life Meditation

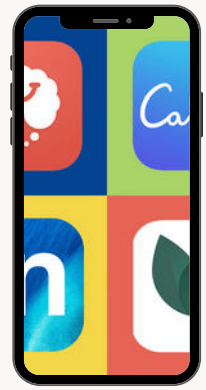


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MINDFULNESS APPS

FOR TEACHERS AND STUDENTS



Click pics for app

Smiling Mind



- Mindfulness activities and meditations for students and teachers.
 - Classroom resources for a social-emotional learning curriculum.
 - Clear lesson plans.
 - Practical resources for the classroom.
-

Dreamykid



- Tools designed for kids to deal with stress, technology-fatigue, and anxiety at a younger age.
 - Meditations and issue-based meditations.
 - Positive affirmations.
 - Guided journeys.
 - Healing activities.
 - Sleep stories and sleep sounds.
 - Sound healing.
 - Unlimited access to the meditation library.
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Insight Timer



- 65,000 free guided meditations.
- Talks and podcasts.
- Spoken words and poems.
- Yoga training.
- Sleep meditations.
- Some meditation teachers offer meditations tailored to students.



STRESS RELIEVING ACTIVITIES

TIME TO DESTRESS



Rage Room

Rage Room Srinakarin is equipped with the best selections of tools for destroying items, like a golf club, baseball bat, wooden rod, iron bar, hammer, and more.

[Find out more HERE](#)

Bangkok Float Center

Freed from all sensation of gravity, temperature, touch, sight and sound (which together account for 90% of normal neuromuscular activity), you conserve and redirect vast amounts of natural physical and mental energy.

The ultra-deep relaxation of floating “resets” the body’s hormonal and metabolic balance, strengthening resistance to and accelerating recovery from the effects of stress, illness, injury or strenuous exercise.



[Find out more HERE](#)



STRESS RELIEVING ACTIVITIES

TIME TO DESTRESS

Brew Yoga

“ Silent Brew yoga “ is an innovative journey of flowing movement, sound and your preferred beverage . Immerse yourself in the motion of yoga with a pair of noise isolating wireless LED headphones, which allows you to hear the instructor and DJ at the perfect level while their curated set takes you on a musical journey into sound.



[Find out more HERE](#)



[Find out more HERE](#)

Try an Onsen Bath

There are still onsen in Japan that are closely tied to the stories of samurai that would come to bathe in the waters to heal their wounds after a battle. Staying at an onsen bath house for days and even weeks was considered therapy for a number of ailments and many ryokan and lodges were established to provide these people with a place to stay while they bathed for days.



PODCASTS FOR TEACHERS

Self-Care for Teachers

Teachers on Fire with Tim Cavey

Teachertoolkit

The Teaching Space

The Shake Up Learning Show

Mr Barton Math Podcast

The TeacherCast Podcast

The Learning Scientists

Naylor's Natter

The Google Teacher Tribe Podcast

Truth for Teachers Podcast

The Cult of Pedagogy Podcast

The 10 Minute Teacher with Vicki Davis



BOOKS ON SELF-CARE & WELLBEING

Take Time for You: Self-Care Action Plans for Educators

SOUL! - Fulfilling the Promise of Your Professional Life as a Teacher and Leader

Riding the Wave - Teacher Strategies for Navigating Change and Strengthening Key Relationships

HEART! - Fully Forming Your Professional Life as a Teacher and Leader

From Burnt Out to Fired Up - Reigniting Your Passion for Teaching

180 Days of Self-Care for Busy Educators

Educator Wellness - A Guide for Sustaining Physical, Mental, Emotional, and Social Well-Being

Finding Fulfillment - A Path to Reclaiming Hope and Empowerment for Educators



SOME (HOPEFULLY) HELPFUL THINGS

[5 Foundations of Teacher Wellbeing](#)

[Zones of Regulation Webinar Resources](#)

[81 Fun Critical Thinking Activities](#)

[Problem Solving in a Thinking Classroom](#)

[Esti-Mysteries \(Estimation puzzles\)](#)

[Ashleigh's Education Journey](#)

[Education.com](#)

[Education World](#)

[Science Buddies](#)

[Learnt.ai](#)

[Youtube Summary \(Chrome Extension\)](#)

[Waldo \(Chrome Extension\)](#)

[Share my Lesson Plans](#)

[Teachervision](#)

[Better Lesson](#)

[Teach-nology](#)

[Nearpod](#)

[TeachersFirst](#)

[A to Z Teacher Stuff](#)

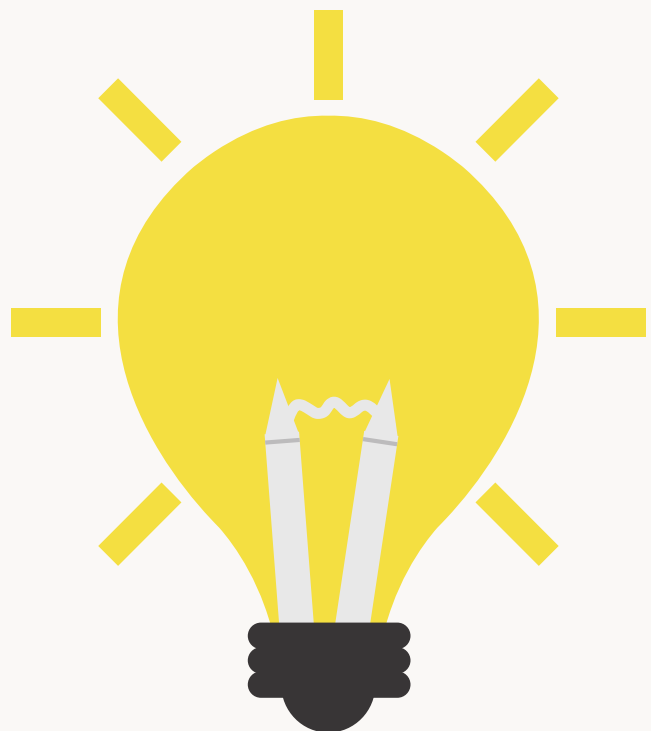
[Core Knowledge](#)

[CALM Resources](#)

[New Counseling Service](#)

[GESS](#)

[App-ai](#)



STAFF WELLBEING TEAM

Tara Magee - Wellbeing Lead EY

Alex Baker - Wellbeing Lead PY

Tyra Cummins - Wellbeing Lead SY

Brittany Elizabeth - School Counsellor

What is the Wellbeing team's purpose?

The Wellbeing team is here to **support you**, as best we can, in the following ways:

- providing support and guidance on how to maintain your own wellbeing.
- providing and promoting resources that can support wellbeing, both in and outside of school.
- organising wellbeing sessions for you; for example - social events, workshops, guest speakers, physical activities.
- we are here for you. If you need to talk about something work related or something personal, you can **always** come to any or all of us.

Wellbeing has many forms and can be very different for different individuals. If you have any suggestions or feedback, please let us know by sending one of us a message, email or just come and speak to us; whatever you are most comfortable with.

