



# MYTERN®

Take Emotional Responsibility Now

This term we are introducing MYTERN. MYTERN teaches students to take control of their responses to everyday stresses and challenges. We cannot eliminate stress and challenges from our lives. Therefore, as a preventative strategy, MYTERN teaches people of all ages how to create health out of everyday stressors; tackling the problem at the ground level, so individuals don't end up feeling overwhelmed, but in control.

**MYTERN teaches you that it is your response to life's challenges that dictates your emotions, and that you can learn to take control of that response**



## ROADS

The MYTERN skill is based on a simple metaphor: you are the driver and only you have control of your steering wheel; you can't control anyone else's steering wheel; you use your emotions as your GPS; each road you drive down is an emotion; and it is only you who decides which road of emotion you will drive down.

## REAPO

### GREEN ROADS

Reapo is in charge of the roads that make you feel good. When you are on the green roads, you are building your health.



## BUSKA

### RED ROADS

Buska is in charge of the roads that don't make you feel so good. That doesn't mean that they are bad - because when you are on a red road, you are building your resilience. However, if you stay on a Buska road for too long, you may start to lose your health.



## TEP

(Take Extreme Precaution)

TEP is something or someone that influences you to lose control of your steering wheel. When TEP appears, you need to take extreme precaution. TEP can suddenly make you feel really angry, sad, frustrated, lonely or scared, sending you from a Reapo road on to a Buska road.



## PET

(Personal Emotional Tool)

PET helps you steer from a Buska road and onto a Reapo road, by distracting you from the thoughts and feelings that have influenced you to steer down that red road. PETs help you to think about something that makes you feel good, despite circumstances, allowing you to regain control of your steering wheel.

MYTERN achieves this through creating a common, non-threatening language that crosses age, gender and cultural barriers. The skill can be introduced in a single session; and is reinforced daily via the MYTERN App and MYTERN SMS. The language positively influences life's challenges including bullying situations (cyber included) as it:

- empowers the victim and builds empathy
- stops judgement and builds compassion

MYTERN is based on the familiar metaphor of driving, so the language is instantly adopted, understood and used by everyone. The metaphor teaches that:

- there are two sets of roads that everyone needs to travel - one builds your health (smooth and green); the other builds your resilience (rough and red). If you stay on the red roads for too long, your health will begin to deteriorate
- you are the driver and only you have control of your steering wheel
- each road you drive down is an emotion
- it is always your choice as to which road of emotion you drive down
- there is no blame or judgement as to which road you choose levels

More information can be found on [www.myterncity.com.au](http://www.myterncity.com.au)

If you have any additional questions please see your child's teacher.

Thank you,

Jackie, Caz, Brianna, Ash and Lauren