

Lisa McVann
Soña Saiz
Merrilee Saige

Monday, October 28, 2019
RMACAC RoadMap
Albuquerque, NM

CREATING A CONNECTED CULTURE





WHAT TODAY IS ABOUT:

- Sticky Note Check-In
- Don't Drink Burnt Coffee
- What's Important?
- Where is your Happiness?
- Finding Meaning through Gratitude
- Self-Care Strategies
- Creating a Connected Culture for our Students to Thrive In



|| **The** *meaning*
of *life* **is to**
find your
gift. *The purpose*
of *life* **is to**
give it away.

Pablo Picasso

||

FEELING THE DISCONNECT WITHIN OURSELVES . . . WHAT TO DO?

Burnout is a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. It occurs when you feel overwhelmed, emotionally drained, and unable to meet constant demands

How do we help ourselves from feeling as burnt as the office coffee?

NAMING WHAT WE EXPERIENCE



Vicarious Trauma/Secondary Traumatic Stress (STS)- Emotional duress that results when an individual hears about the firsthand trauma experiences of another. The emotional and physical toll is often severe. Even if they have not endured trauma themselves, educators can begin exhibiting symptoms similar to those of their students – withdrawal, anxiety, depression, and chronic fatigue (NEATODAY.ORG)



Compassion Fatigue-Unlike burnout, compassion fatigue is highly treatable and may be less predictable. The onset of compassion fatigue can be sudden, whereas burnout usually emerges over time.



Self-Awareness & Self-Monitoring can help! Develop insight to your own symptoms of Compassion Fatigue and Vicarious Trauma/STS. Use scaling (1-10) to determine the degree of your emotional and mental health needs.

SELF-CARE

Any activity **we do** deliberately in order to take **care** of our *mental, emotional, and physical health*.

Although it's a simple concept in theory, it's something we very often overlook.

Good **self-care** is key to **improved mood** and **reduced anxiety**.

- *How do you take care of yourself?*





PERSONAL SELF-CARE

- Meditate
- Gratitude Jar – daily write down 3 things you are thankful for and put in jar
- Random Acts of Kindness – doing something for another without expecting anything in return
- Reflective Journaling
- Foster Strong Relationships and "weed" out relationships that may create negativity
- Self-Care Assessment
- Strengths Assessment
- Short walks during the day to help refocus and release negative energy



PERSONAL SELF-CARE

Remember it is ok to say “no” when you are feeling overwhelmed with requests and responsibilities

Find an accountability partner in your building. Someone that you can share your goals with and can help you to achieve them or turn to when feeling stressed.

Try to leave your “School Bag” at work a few times a week. Use that time to spend with family, relaxing, and enjoying free time.

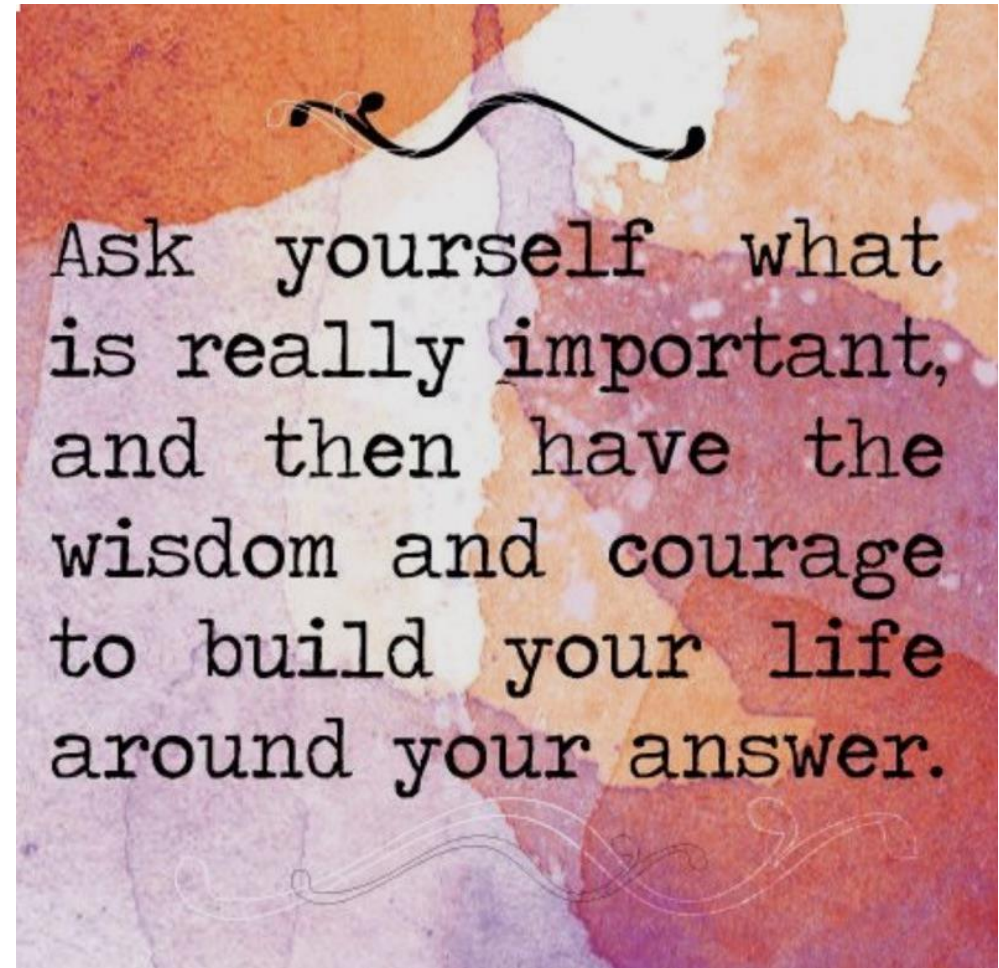
Remember the basics: Teacher self-care is so important, so make sure to get enough sleep, drink water, and eat healthy, nourishing foods. When things get really stressful, these are some of the first things to go.

WHAT'S IMPORTANT TO YOU?

Take a moment to reflect on your
personal values . . .

Does the work you do align with
your values?

[https://www.think2perform.com/
our-approach/values/new](https://www.think2perform.com/our-approach/values/new)





SELF-CHECK: HAPPINESS WHEEL

Health

Fulfillment

Fun &
Recreation

Work/Career

Family &
Network

Vision

Physical
Environment

Finances

POSITIVE PSYCHOLOGY & HAPPINESS

Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive. The field is founded on the belief that people want to lead meaningful and fulfilling lives, to cultivate what is best within themselves, and to enhance their experiences of love, work, and play.



What is your definition of happiness?



Strength
Activity:

How can our
strengths help
others in
our work with
students?

CLASSROOM ACTIVITIES

Sticky Post Check In

Mindfulness Minutes-Take 1 minute at the beginning of the class for students to sit quietly before beginning the day.

Stretch –Try before, during, and after tests or larger assignments

Reframing – Help students to reframe their thoughts when they are struggling:

- That didn't work *becomes* Let's try something else.
- I don't get this *becomes* Can you explain it again?
- I can't do this *becomes* I can do this, but I need more time.
- I can't do this *becomes* I'm feeling stuck. Can you help me?
- I'll never get this *becomes* I'm going to get this

CLASSROOM ACTIVITIES

Gratitude Prompts - a great way to get students to start thinking about what they are thankful for.

Examples: I'm grateful for three things I (hear, see, smell, touch/feel, taste)

I'm grateful for these three blue(any color) things

I'm grateful for these three animals/birds

I'm grateful for these three friends

I'm grateful for these three teachers I'm grateful for these three family members

I'm grateful for these three things in my home, etc.

APPS AND WEBSITE RESOURCES

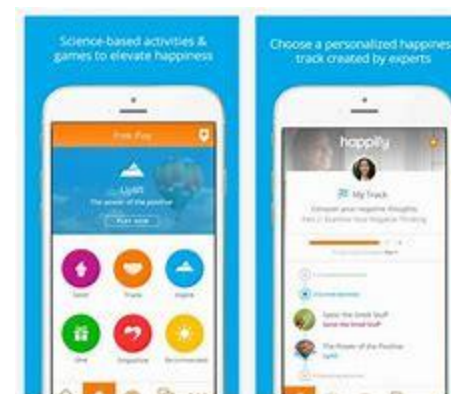
<https://www.calm.com>

<https://insighttimer.com>

<https://www.mindful.org>

<http://www.headspace.com>

<https://my.happify.com>







QUESTIONS??

EMAIL FOR ORIGINAL COPIES

Lisa McVann – lmcvann@lcps.net - 575-527-9430

Soña Saiz – msaiz@lcps.net - 575-527-5969

Merrilee Saige – msaige@lcps.net - 575-527-9430