Filling Your Cup
Comprehensive Self-Care Strategies for the Educator
OUR MONTHLY WEBINAR SERIES

Thought leaders in education sharing topics to inspire the best teaching and support social emotional learning.

Opinions and content in this presentation are that of the featured guest speaker and may not necessarily be a direct representation of Sanford Harmony or Sanford Inspire.

You will receive a recorded version after the webinar and you can watch at any time.
Conversations with Toddlers

AND NOW

Maybe it’s a teacher
Just because someone carries it well doesn’t mean it isn’t heavy.

@the_mental_man_
Where do you feel most like yourself?

Share your answer in the question box!
We’re on a mission to empower kids to develop lifelong healthy habits by ensuring the environments that surround them support their physical, social, and emotional health.
The RISE Initiative

RISE initiative focuses on increasing student and staff resilience through implementation of evidence-based policy, system, and environmental improvements.
Today’s Intentions

- Burnout Explained
- Discuss ABC’s of Wellbeing
- Develop a Plan
What Today Is Really About

Be you.
Do you.
For you.
Burnout Explained
Job burnout is a special type of work-related stress — a state of physical or emotional exhaustion that also involves a sense of reduced accomplishment and loss of personal identity.
To insert video:
Insert > Video > Online Movie
Paste URL of YouTube video
Make it 10 inches wide to cover this box
One of the things about this toll is that it’s slow moving, it is very hard to gauge individually and collectively if we are being affected by it.

LAURA VAN DERNoot LIPSKY,
TRAUMA STEWARDSHIP. AN EVERYDAY GUIDE TO CARING FOR SELF WHILE CARING FOR OTHERS
The Cycle of Burnout

Enthusiasm

Take action

Apathy

Irritability

Frustration

Adapted from:
The American Institute of Stress
The Cycle of Burnout: As Told by a Toddler
The Cycle of Burnout: As Told by a Toddler

LEAVE THE CYCLE

Enthusiasm

Take action

Frustration

Irritability

Apathy

Adapted from: The American Institute of Stress
People Do Well If They Can

Curriculum

Classroom Demands

Teacher Evaluation

Needs of students, families and colleagues

Share your answer in the question box!

Insert the rest of your life here...
People Do Well If They Can

External Expectations

Internal Expectations

Adapted from Ross Greene
So What Can Be Done?

Awareness  Balance  Connection  Develop a Plan

Awareness
Behaviors

Feelings

Thoughts

Behaviors
Pay attention to me.
In the Moment, Check Your Bs

**Beliefs**
- What am I thinking?
- What story am I telling?

**Body**
- How do I physically feel?
- What feeling am I having?

**Behavior**
- What am I doing?
- What am I avoiding?
PAUSE AND CONSIDER

When I Am Stressed At Work

What do I start doing?

What do I stop doing?
Balance
What boundaries need to be in place for me to stay in my integrity and make the more generous assumptions about you?
Types of Boundaries

Under Involved: ‘Rigid’

Helpful: ‘Healthy’

Over Involved: ‘Porous’
Tips for Setting Compassionate Boundaries

- Know your ‘yes’
- Extend understanding & gratitude
- Be proactive
- Take action
- Be direct
Sentence Grounding Activity

I will say yes to________

Others may not _______

I can ask for __________

I will guard my time and energy by__________

Adapted from:
Cheryl Richardson
http://www.oprah.com/spirit/Begin-to-Set-Personal-Boundaries_1/2
Sentence Grounding Activity

I will say yes to: my team

Others may not: assign work to them without checking in first

I can ask for: help in managing and balancing the workload

I will guard my time and energy by: sending out admin updates via email on Monday

Adapted from: Cheryl Richardson
http://www.oprah.com/spirit/Begin-to-Set-Personal-Boundaries_1/2
Sentence Grounding Activity

I will say yes to________

Others may not _______

I can ask for _________

I will guard my time and energy by_________

Share your answer in the question box!

Adapted from:
Cheryl Richardson
http://www.oprah.com/spirit/Begin-to-Set-Personal-Boundaries_1/2
Connection through Gratitude
Gratitude Defined

Affirmation of goodness

Recognizing sources of goodness are often outside of yourself

Gratitude

Robert Emmons, 2007
What Gratitude Does for You

- Connectedness
- Elevation
- Humility
- Indebtedness
Seriously, Gratitude is Beneficial

- Happiness and life satisfaction
- Helpful and generous behaviors
- Productivity and achievement

- Stress
- Depression
- Staff-to-staff conflict
Everyone Receives Gratitude Differently

LET'S MAP IT OUT!

Public Recognition  Private Appreciation

Notes or Gifts  Acts of Service

Share your answer in the question box!
Hardwiring Gratitude into the System

- Formalized Opportunities
- Respectful of Staff Time
- Meet the Unique Needs of Staff
- On-going
- Authentic
Common Pitfalls with Implementing Gratitude

- Too often/much
- Impeding recognition of own value
- Replacing conflict resolution with gratitude
- Not being mindful of power differences
Develop a Plan
The *best* is the *enemy* of the *good*.

VOLTAIRE
**Welcome to the RISE Index!**

The RISE Index helps your school assess, prioritize, and plan key activities that promote the social-emotional health of staff and students. Learn more about the RISE index or get started by selecting a topic below.

**Action Center:**

https://www.healthiergeneration.org/app
Using Sanford Harmony Resources

I’VE GOT YOUR BACK
Students learn the benefits of having a supportive classroom environment and helping one another out via a friendly competition with other classes of the same grade.

NOTE: This competition could also be played as a single class broken into teams.

Activity
BRIGHTEN SOMEONE’S DAY
Students pass around a “Sunshine Stick” as they give compliments to their classmates and then make Compliment Cards for their buddies.

Everyday Moments

Whenever a situation with a student or the class warrants...
- Refer to the Feelings Thermometer Poster.
- Ask students to identify how they are feeling and rate their level.
  - I can see that everyone is really energized after having a good time at recess. It’s time for silent reading now so we need to bring our excitement down to a 2.

Practice deep breathing with your class...
- To help students relax at the start of their school day.
- To help whenever the class has become chaotic or disruptive.

Set up a relaxation corner in your classroom...
- That has been stocked with calming items such as pillows, bean bags, stress balls and relaxing music with headphones.
- So students have a place to go when they need a break.
Greater Good Science Center

Take action

**Gratitude Journal**
- Frequency: 1x/week
- Duration: 10 mins
- Count your blessings and enjoy better health and happiness.

**Gratitude Letter**
- Frequency: Variable
- Duration: 30 mins
- Write a letter expressing thanks, and deliver it in person.

**Gratitude Meditation**
- Frequency: 1x/day
- Duration: 10 mins
- Feel grateful as you reflect on all the gifts in your life.
Pick One Thing

1. What’s the one thing I’m going to try?
2. Who’s my ‘accountability buddy’

Awareness
Check Your Bs

Balance
Setting Boundaries

Connection
Gratitude

Resources
RISE Index
SH tools
GGSC

Share your answer in the question box!
You can’t always get what you want, but if you try sometimes, you just might find, you get what you need.
Thank You!!

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Join Us:
https://www.healthiergeneration.org/app
DON’T MISS THE NEXT WEBINAR
October 22, 2019  10:00 AM PST

Culturally Responsive Learning Environments

Dr. Mary Conage
Director of Special Projects, Pinellas County Schools, Florida